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MOM GUESS WHAT NEWSMAGAZINE

Vol. 30 • Iss. 2 • No. 564 • January 15, 2009

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MATTHEW BURLINGAME HAS BEEN THE EDITORIAL DIRECTOR OF MGW FOR THE PAST FOUR YEARS. HE IS AN AWARD WINNING JOURNALIST AND PLAYWRIGHT AND HAS WORKED WITH, AND WRITTEN FOR BOTH LOCAL AND NATIONAL PUBLICATIONS THE PAST 14 YEARS.

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Five days from the street date of this issue, Americans will witness one of the most significant events of our country's history. A man of mixed race — whom many identify as a black man — will be sworn in as the president of the United States.

If someone had told me this even two years ago, I would have raised an unbelieving eyebrow and guffawed. But what was then only wishful thinking is now reality and I am proud to be a part of making that happen.

This issue of MGW tackles some big issues in our community. Marghe Covino brings to light issues surrounding the lesbian known as "Richmond Jane Doe" and the traumatic attack she suffered at the hands of four attackers. Jerry Sloan adds his take on the upcoming inauguration.

While MGW tries to maintain a healthy balance for both our male and female readers, in this issue we have started a section dedicated to the lesbian voices on our community.

The main theme of this issue however is diversity. With Martin Luther King Jr. Day, as well as the impending inauguration, it seemed an appropriate choice. Several of our columnists, as well as feature stories look at the diversity within our own LGBT community.

While working on this issue however, I began asking myself asking several questions. The first of which is: why do we dedicate one issue a year to diversity? As culturally diverse of a community as we are, it suddenly seemed silly to me to dedicate one

issue to "diversity". Don't misunderstand, I think MGW does a decent job of representing the cultural rainbow of our community, but to make it a theme seemed suddenly like buying into the institutionalized racism that is still so problematic on today's society. Gay = white is bullshit.

The second question was just how racist are we?

I admit I was somewhat naive about racism when I was a child. I never saw Bill Cosby as a black man, just a dad I wish I had been lucky enough to have. I didn't understand the racial overtones of shows like Benson and The Jeffersons and the like. I just saw funny people teaching me good morals — every sitcom in the 1980s had a moral to teach us young'uns.

My family never taught me to notice when people were different than I was. It wasn't until I moved to the city that I was faced with racism. Mostly because it was people of other races pointing out my differences.

Years later, working predominately within the LGBT community, I find myself surprised when I hear a racist joke or slur. I know that being gay doesn't make us any less susceptible to whatever cultural beliefs or bigotries that we grew up with, but it still astounds me when the oppressed open up their mouths and spew words of oppression at others.

Barely an hour after we began celebrating the victory of our president elect, I received a succession of text messages about the White House rose garden being removed to

make way for a watermelon patch and how Churches' Fried Chicken will be catering the Inauguration. These texts were coming from gay people, most of whom voted for the man.

I also don't know how many times I have been out at the bars or Hot Rods and heard racial slurs of all types fly through the air or pass through whispers.

It comes from all sides, however. Last year I was dating a black man who while complaining about gas prices commented, "this is all because of your Bush." After realizing he was accusing me of being a right-wing Republican and not having an untidy treasure trail, I was pissed.

Why would he think that just because I was Caucasian I would vote Republican? I then discovered he believed all white people were affluent and Republican. "Kerry was white, too, ya know?" I reminded him.

Even though he knew different, the prejudice he carried inside of him since he was a child labeled all Caucasians as wealthy, Republican and mostly carefree about the downtrodden of the world.

Yes, Virginia Woolf, prejudice — both blatant and unintentional — still exists in the LGBT community. It's up to us to do something about it. The first thing we must do is open a dialogue. Hopefully some of the pieces in this issue of MGW will spark that.

Thank you for picking up MGW and this month please take some time to appreciate the diversity within our community, and enjoy this moment in history. It's a new era. An era of change. Let's enjoy it!

IN MEMORY OF JEFF LITTLEFIELD

The MGW crew has been no stranger to the Depot the last several years and has gotten to know many of its staff very well — Jeff among them. Jeff was always welcoming and kind to all of us, greeting us with a smile and always making us feel welcome. We will all miss him a great deal and are extremely saddened by the loss of a great person. — Matthew Burlingame

Jeff made me laugh until it hurt — that was a good thing. I will miss him. — TJ Bruce

Jeff was the first friend I made in Sacramento. We first met back in 2004 when he had commandeered my seat at The Depot to order a drink. When he turned around and saw me waiting to get my seat back, he very sweetly and profusely apologized and then bought me a drink. Just two months after that, I went with him on a trip south and he introduced me to his whole family. He was one of the most naturally sweet, funny people I've ever met and I've met so many other people here in Sacramento because of him. I hardly know where to begin thinking how much I'll miss him. — Jennifer Stauff

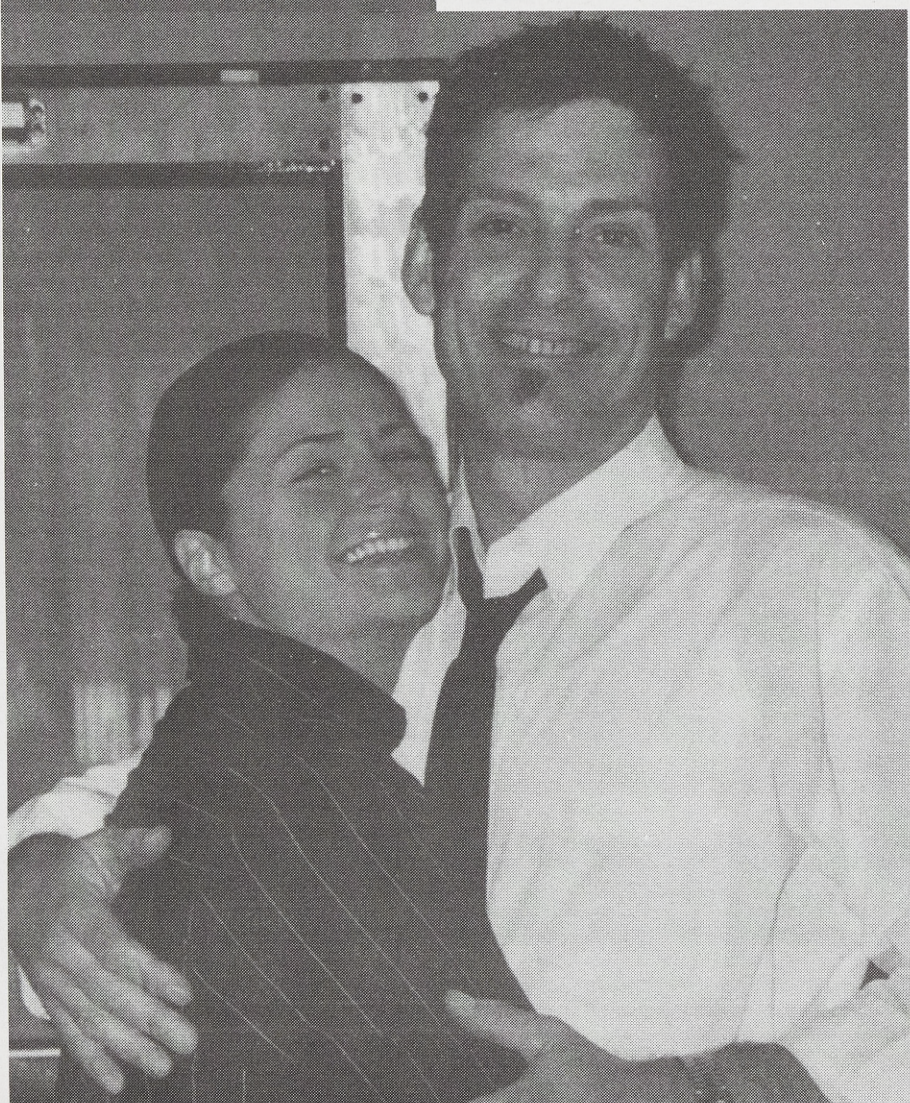
I have known Jeff for 8 years. We worked together at the Depot Nightclub and for a short period of time were roommates. There

are many things I could say about Jeff's playful free spiritedness and his bursts of creativity. What I remember most about him is his candor and honesty. Jeff never could tell me an untruth no matter how bad his situation or someone else's. I always knew Jeff cared for me greatly and always was there to protect as best as Jeff could but often I was the one jumping in to save him. Which I gladly did because I knew there was a sweet man inside. A hug, smile and sometimes tears is what I expected from Jeff and always a knowledge that he was doing the best he could for that moment. I will miss him greatly. — His friend Michael

Jeff always visited our home and would hang out and willing to fix anything that was broken around the house or garage, that was Jeff. And he was a good friend of my son, too. — Kay Crawford

I met Jeff about 4 years ago. I was in the front patio of Faces Nightclub one late afternoon when he walked up to me, flashed that warm smile of his and said, "there is nothing hotter than a man wearing a fresh pressed white dress shirt." I will forever remember that moment, his warm sincere smile and those loving eyes and his kindness he showed me over the years from that day on. You'll forever live strong Jeff in the hearts of those that were lucky enough to know you. — Rich Jones, VRP.info.

LEFT: JEFF LITTLEFIELD POSES WITH A FRIEND AT THE DEPOT BAR



BOYCOTT LIST

THIS IS A LIST OF BUSINESSES IN THE SACRAMENTO AREA THAT ALLEGEDLY ENDORSED OR DONATED FUNDING TO THE "YES ON 8" CAMPAIGN. THESE BUSINESSES ACTIVELY FOUGHT FOR THE PERMANENT REMOVAL OF OUR COMMUNITY'S MARRIAGE RIGHTS THAT HAD BEEN FULLY RECOGNIZED IN 2008 BY THE STATE OF CALIFORNIA. DO NOT LET YOUR MONEY SUPPORT THEIR HATE.

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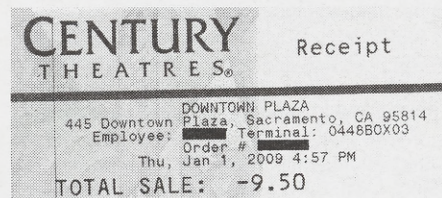
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IF ANY OF THE BUSINESSES LISTED ABOVE ARE LISTED INCORRECTLY OR UNFAIRLY, OR DID NOT DONATE FUNDS TO THE "YES ON 8" CAMPAIGN, PLEASE CONTACT MGW NEWSMAGAZINE IMMEDIATELY SO THIS INFORMATION CAN BE CORRECTED. IT IS OUR INTENTION TO PROVIDE ACCURATE INFORMATION FOR THOSE CHOOSING TO FINANCIALLY BOYCOTT BUSINESSES WHO SUPPORTED "YES ON 8". WE DO NOT ADVOCATE VIOLENCE OR VANDALISM OF ANY KIND, NOR CONDONE ANY MALICIOUS ACTION OR BEHAVIOR TOWARD ANY BUSINESS OR INDIVIDUAL REGARDLESS OF THEIR POLITICAL POSITION ON PROP. 8. THIS IS AMERICA; THEY ARE FREE TO VOTE THEIR CONSCIENCE AND WE ARE FREE TO NOT SUPPORT THEIR BUSINESSES.

THANK YOU FOR BOYCOTT LIST



Some friends and I went to the theatre at the downtown plaza on New Years to watch the new Brad Pitt film. While watching the commercials, I saw the Cinemark logo. I pulled up the new issue of MGW on your website with my phone and saw Cinemark on your boycott list for supporting Yes on 8.

My friends and I left the theatre asking for a refund. They had a slip to fill out for the reason why and I wrote it was because of the donation to the Yes on 8 fund. I hate that I won't be able to watch movies at my favorite theatre, but I will not have my money going toward taking away my rights.

Thank you for having that list. I have included a copy of my ticket refund.

NAME WITHHELD UPON REQUEST
SENT VIA EMAIL
SACRAMENTO, CA

DIFFERENCE OF OPINION

Re: Editorial, MGW, 1.1.2009

Equality is all "we" want? As a gay man I have all the equality that I want. Maybe you want the chains of marriage, but you don't speak for all of us in the gay community. Why would I want the personal, financial, and legal constraints of marriage?

I agree with Sir Elton John who said: "I don't want to be married. I'm very happy with a civil partnership. If gay people want to get married, or get together, they should have a civil partnership."

The word 'marriage,' I think, puts a lot of people off. You get the same equal rights that we do when we have a civil partnership. Heterosexual people get married. We can have civil partnerships."

Gay activists need to wake up from the delusion that they speak for all gay people on the issue of gay marriage. I say NO to gay marriage.

D. YEE
SENT VIA EMAIL
SACRAMENTO, CA

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ESTABLISHED NOVEMBER 1978

1123 21st Street, Ste. 201
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V: 916.441.6397 • F: 206-202-3562
momguesswhat.com
myspace.com/mgwnews

PUBLISHED BY

Faces, inc

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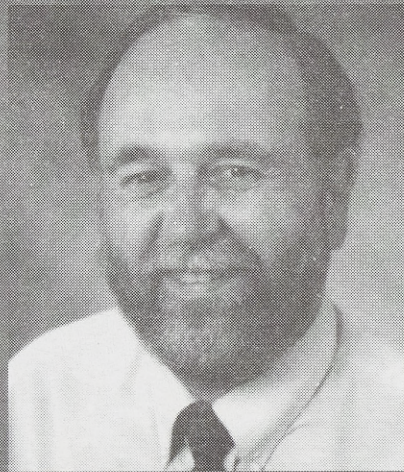
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THE ARROGANT SELF-RIGHTEOUSNESS OF VICHY LIBERALISM



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ARNOLD SHOULD RETURN TO HOLLYWOOD

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There was a time when liberalism was the undisputed philosophical underpinning of Western civilization. Consider the first liberal: John Locke's ideals freed the world from kings and tyrants and their arrogant self-righteousness that assumed the citizenry was put on earth just for them to command. The forces of liberalism changed the authoritarian paradigm and led people to believe that consensus was more important than accidents of births.

But by the 20th century, liberalism had changed. Today, the advocates of modern liberalism no longer embrace liberty and tolerance, but a new type of ruler: a "benevolent" government determined to make people equal by whatever means possible. Government is again the means by which to control society, but this time for "noble" causes.

Except for the "classical liberals" who still adhere to the traditions of Locke and Thomas Jefferson, most modern liberals embrace the redistribution of wealth, larger government agencies, and a bureaucratic society dependent on the largesse of the political system. They have legislated womb-to-tomb economic policies reminiscent of 1930s and '40s national socialism in Europe, most notably embodied in the Vichy regime in France — hence my term "Vichy liberalism."

Vichy liberals have somehow failed to realize that the larger the ruling authority, the greater the temptation for abuse. In addition, as that abuse enlarges, so does an arrogant self-righteous attitude toward citizens, as if ordinary people were put on the earth merely to provide the political elite with money and employment.

Illinois Governor Rod Blagojevich's refusal

When Arnold Schwarzenegger ran for governor in 2003, his supporters touted his independence, outsider status, and inspiring life story as the quintessential American dream. His detractors mocked his inexperience, but he indeed stood as a great example of what was possible in America.

This immigrant worked tirelessly and rose to the top in the private sector as a giant on the silver screen. He entertained millions, created vast amounts of wealth, and even used his fame to educate the public about the importance of personal health and, in a twist for Hollywood, market economics and individual freedom.

Oh, how the mighty fall. The governor is struggling, once again, to negotiate a budget. He seemingly becomes embroiled every year in these protracted showdowns, resulting not in responsible budgets but burgeoning deficits and growing bureaucracies.

He tries to hold the line, threatening to veto the Democrats' plan, but it is stunning how far that line has shifted. He began promising a dose of economic conservatism after the fiscally reckless and profligate years of Gray Davis. Instead, he has overseen the state budget climb by 39 percent since he took office.

Arnold always had a soft spot for spending programs, vowing five years ago to produce a massive bond package to finance the school system. Since then he has saddled us with several large bonds and many billions in new spending projects.

So now he is fighting over relative trivialities, while accepting in principle

to resign after being caught allegedly trying to sell Barack Obama's vacant U.S. Senate seat to the highest bidder illustrates this feeling of entitlement. Saying he had done nothing wrong, the liberal Democrat also allegedly tried to fire critical editors from the Chicago Tribune and to solicit a bribe from a hospital.

A less publicized case of arrogant disregard for people occurred in Carmel Valley, Calif. during the 2008 fires. Ivan Eberle, a well-known wildlife photographer, was commended for heroism in saving the Monterey Institute for Research Astronomy observation station on Chews Ridge from a raging wildfire. A few days after the fire, six Monterey County Sheriff deputies visited Eberle and charged him with the crimes of battering a firefighter and interfering with a firefighting crew in the line of duty.

Calling the charges "ironic" and "truly bizarre," Eberle said he felt that his "constitutional rights were violated to an egregious degree." To him, the charges filed by the fire department were in retaliation for his public criticism, as he had spread the word that the firefighters refused to help him save the observatory, which is also his home. To Eberle, the firefighters were acting with "willful negligence or dereliction of duty."

Eberle believes the bogus charges stem from his quick actions to save the observatory. When a large tongue of flames raced toward propane tanks next to a grove of pines, he unrolled a fire hose from the facility's hydrant and bumped into a sleep-deprived firefighter. Although the observatory is the only structure on Chews Ridge, Eberle single-handedly saved it. Nobody from the fire department would help. Similar to the theme of Fahrenheit 451, the firefighters

seemed to have forgotten their primary purpose.

So how could such arrogant misconduct occur? Some have pointed to the consolidation of local volunteer fire departments into more formal, government-operated stations.

In 2001, the Valley Volunteers Inc. in Carmel Valley Village merged with a government fire department in the Mid-Valley area. The merger quickly turned sour. In 2004, the volunteer fire department circulated a petition for "detachment," arguing that their privately-raised million-dollar fund had been squandered and that the two groups had different philosophies on how to operate a fire department. Although explicitly told that a detachment could easily be arranged if either side found the merger unsatisfactory, the LAFCO government agency in charge of such disputes refused to allow the separation. Many of the citizen firefighter quit the department, saying that they were being "treated as subordinates" by the new consolidated fire department.

The most dangerous threat from Vichy liberals is that they do not trust ordinary people to do the right thing. Instead, government control and bureaucracy are substituted to run society. Politics and officiality overshadow anything that citizens attempt to do, preventing society from self-organizing into a system to which people are willing to dedicate valuable time and money.

Unfortunately, as consolidation grows, so does an attitude that only government can solve problems, leaving the citizenry defenseless and dependant. Obviously, government has gotten too big for it britches, and its arrogance is showing through.

California's leviathan government and new tax increases.

This marks a sad time for the state but also a personal tragedy. Schwarzenegger had an amazing career as an entertainer. The governorship has only diverted his invaluable time toward intractable political disputes and symbolic battles over nothing. We are no better off than we were under Davis, and meanwhile the private sector has lost a talented and socially conscious actor.

The only solution to the state's ills is libertarian reform. The government should shut down prisons and free nonviolent offenders such as drug convicts. It should liquidate its many billions in unneeded assets. It should close down entire agencies and leave their functions to the market. This would truly stimulate the economy.

But these measures would be too much for a governor to do, even if he wanted, without strong public support. With almost 40 million residents, America's most populous state is especially difficult to tame. Perhaps there can never be a semi-functional political system as long as the state is so big, larger than most nations. In any event, genuine, sustaining reform requires a revolution in public opinion first.

Republicans often say we need a successful businessman, small-town leader, or citizen whose accomplishments are outside politics to shake things up in Washington or the state capitals. But those who work in the market labor under a totally different system, set of incentives, and institutional dynamic.

The government's defining character renders it immune to fundamental reform by outsiders. Unlike the market, government finances itself through coerced taxation, not honestly earned profits. It maintains dominance through the threat of violence — police and imprisonment — not through voluntary exchange. Government power corrupts and cannot be purged of its intrinsically coercive and political nature. Outsiders cannot stay outsiders long once inside the halls of power.

Like Ronald Reagan before him, Schwarzenegger was the Hollywood rogue conservative who would finally produce fiscal restraint and meaningful reform. But also like Reagan, he has overseen a staggering growth in government while confusing the dialogue and giving free enterprise a bad name. Markets are free insofar as they are left alone by the state. An alleged free marketer wielding and exercising considerable government power ceases to be a true friend of the free market.

Some of his films have not been the highest of art, but even Schwarzenegger's flops were great achievements compared to what he has done as governor, or what we can expect anyone like him to do in his place. If he wants to contribute to society, he should resign, leave the dismal world of politics to the corrupt and power-hungry, and return to the private sector where he can once again make a difference. There might still be time for him to do a cameo in the fourth Terminator film.

I am a gay white male with a same sex partner. We've been together for 38 years. The truth is, when I think of the LGBT community, I generally picture white men or perhaps white women. I think that's probably true of many in the community. But the fact is, the LGBT community is just as diverse as the heterosexual community.

It's hard to find accurate data on the number of LGBT people in the nation. However, the Census Bureau does count same sex unmarried partner households and also counts the races of those households. We can use this data to get a glimpse of what the LGBT community is really like. Here is some of the data I found in Table PCT21 (Data Set Census 2000 Summary File 4 (SF4)) on the US Census Bureau web site.

Total Same Sex Unmarried Partners = 658,711; Total Same Sex Latino Unmarried Partners = 77,739; Total Same Sex Black Unmarried Partners = 70,310; Total Same Sex Asian Unmarried Partners = 15,343;

Total Same Sex Native American or Alaskan Native = 5,670; Total of the above non-white Unmarried Partners = 169,062; Total INDIVIDUALS in the non-white groups above = 338,124.

The above statistics do not include all racial groups or mixed race couples. But they do demonstrate that our community is very diverse.

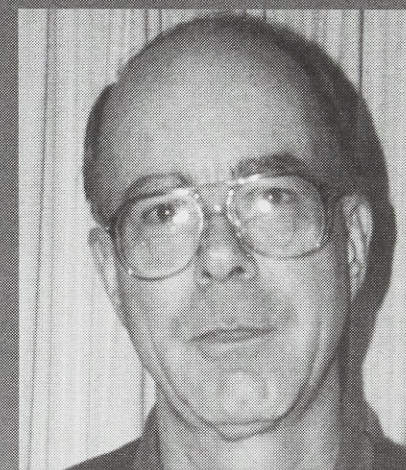
And yet, how many people of color do we find in the leadership of our community's organizations? From what I have seen most of them have white leadership, and the membership of most of the LGBT groups I have visited are mostly white.

If I am right, that raises questions as to what we as a community really want. I have been lobbying since the 1970s. I have been part of a coalition that has succeeded in obtaining passage of a lot of legislation that benefits our community. But I wonder if I would be quite as happy with our progress if I were Black, Latino, or some other ethnicity.

I own a home and I have a long term partner. I am happy that laws have been passed requiring my employer to provide health insurance to my partner, or protect our inheritance rights, or require businesses to give us couples discounts.

But if I were Latino or Asian, there is a greater chance that my partner would live overseas. Passing laws to allow him or her to immigrate here might be more important to me than the above benefits. If I were a woman, my right to have services of fertility clinics to have a baby might be more important. For example, right in California, a lesbian recently won that right in a California Supreme Court decision. How many laws have we introduced to secure that right? None that I know of. African Americans have a high percentage of single parent households. So, fewer gay or lesbian children growing up in these families have role models that can prepare them for building lasting healthy family relationships when they grow up. Maybe programs to help African Americans build relationship skills would be a high priority for these members of the LGBT community.

As I said, I am a white male. So the above ideas are guesses at best. But the point is, we need to recognize that we are a diverse community. We need to make sure that the leadership and organizational memberships reflect that diversity. And most of all, our community needs to include minorities in the process when we set our goals.



BY BOYCE HINMAN
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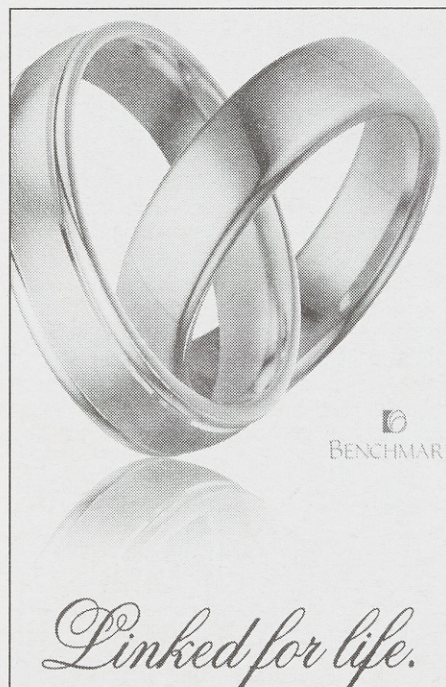
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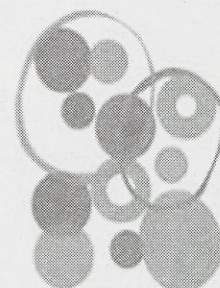
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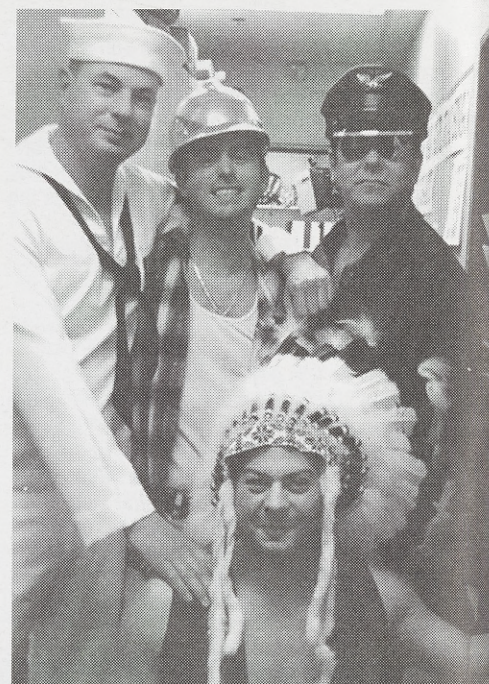
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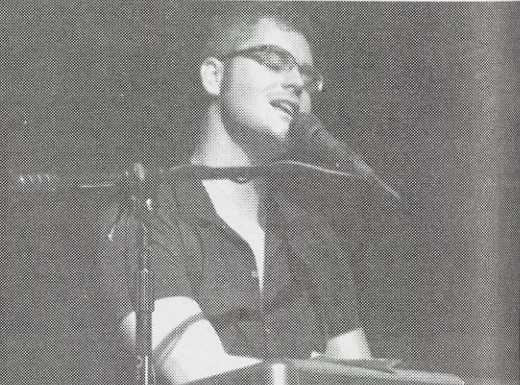
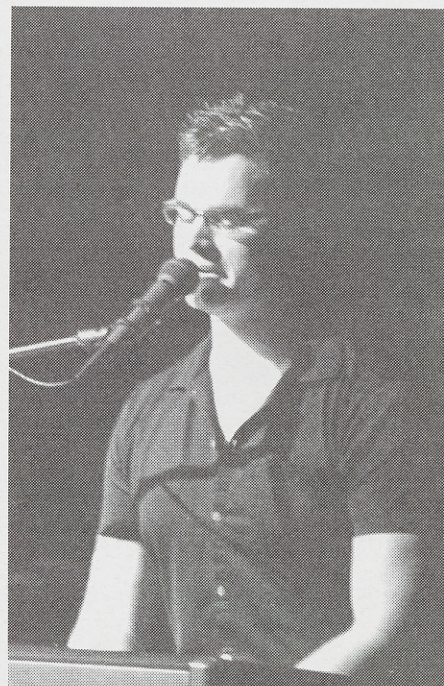
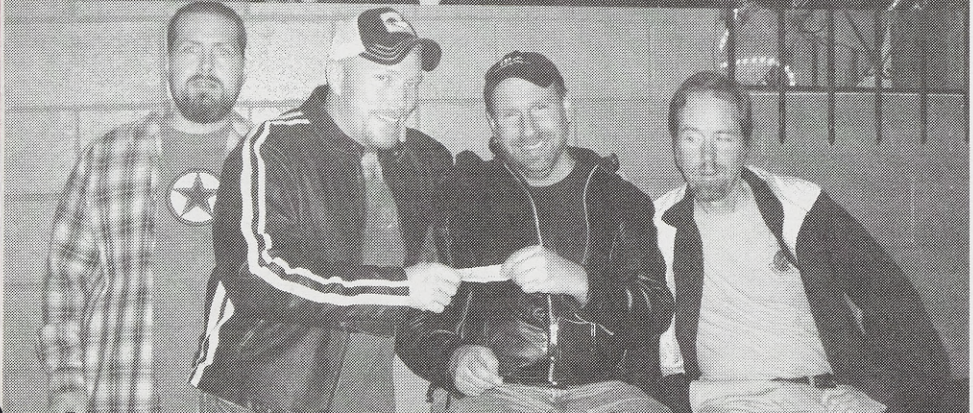
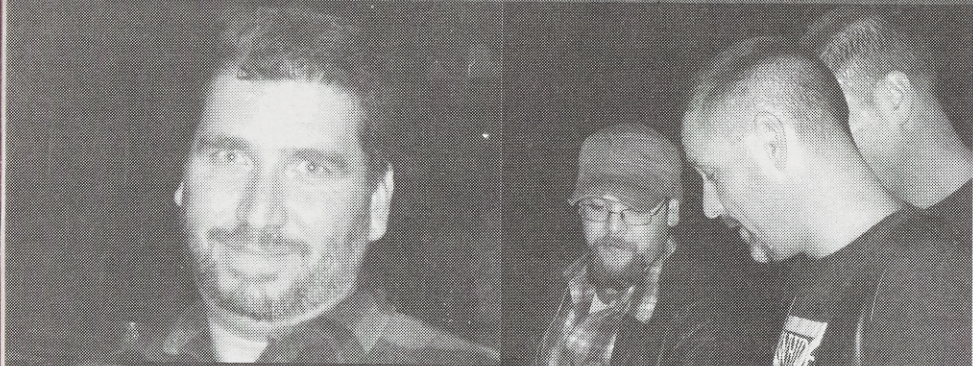


LEFT: NEW YEAR'S EVE AT THE BOLT, HOSTED BY MR. BOLT LEATHER 2008. MR. BOLT WAS RAISING MONEY FOR HIS TRIP TO THE IML COMPETITION. HE TOOK A FEW MOMENTS TO TEACH THE BOYS ON THE PATIO THE PROPER WAY TO DO JELLO SHOTS. PHOTOS BY MATTHEW BURLINGAME

RIGHT: LAMBDA PLAYERS MAKE A SPECIAL NEW YEAR'S EVE APPEARANCE AS THE VILLAGE PEOPLE.



BELOW: PICTURES FROM THE LIVE PHIL PUTNAM CONCERT AND CD LAUNCH SPONSORED BY MGW. CDS AND INFO ARE AVAILABLE AT PHILPUTNAM.COM





ABOVE: EARLY EVENING SHOTS OF THE NEW YEAR'S EVE FESTIVITIES ON 20TH & K STS; LEFT: SUZANNE WESTENHOEFFER AT THE CREST; BELOW LEFT: BUSINESS MIXER AT BADLANDS; BELOW RIGHT: JANUARY PROTEST AT STATE CAPITOL. PHOTOS BY NATE FELDMAN





CLARMUNDO SULLIVAN THE MAN BEHIND THE GOLDEN RULE

BY MATTHEW BURLINGAME

Tell us about yourself. I was born and raised in Sacramento. I graduated from Hiram Johnson High as the Salutatorian. I continued my education at City College of San Francisco where I earned an Associate of Arts degree with honors. I then furthered my education at San Francisco State University where I earned a Bachelors in Social Work degree with honors. I completed my education at the University of California at Davis where I earned a Masters in Education with honors.

Tell me why did you started Golden Rule Services? While taking community health and ethnic studies courses in college I learned of the disproportionate rates of health, education, employment and criminal justice disparities reported in People of Color communities and it enraged me. Most troubling was the high rates of HIV/AIDS in the African American and gay community. African Americans have been disproportionately affected by HIV/AIDS since the beginning of the epidemic. I decided I could either complain about it or do something about it, be a part of the problem or part of the solution. So I started becoming involved in HIV/AIDS prevention community planning groups, HIV/AIDS advocate groups and HIV/AIDS community based

organizations. After becoming a HIV/AIDS Street Outreach Worker, an HIV Prevention Educator, and HIV Prevention Trainer I felt I was equipped with what I needed to know to bring what I learned back to Sacramento. When I got back I was disappointed and disturbed to learn that there were virtually no HIV/AIDS prevention program targeting People of Color (especially targeting People of Color same gender loving community). Most disturbing was working for a local minority-based organization that had a HIV prevention program but was "uncomfortable" with having materials that targeted the same gender loving community despite the fact that approximately 65% of the AIDS cases in Sacramento at that time were same gender loving people! In January 2000 I founded Golden Rule Services.

Do you feel the LGBT community has made any significant strides to overcome racial intolerance within its own community? Strides, yes. Significant no. Local LGBT People of Color continue to experience racism within the LGBT. They are expected to meld and blend into a "melting pot" that does not acknowledge each People of Color's unique heritage, culture, historical and societal contributions or world view. They are sometimes labeled

as "ethnocentric" or "racist" if they want to form groups that affirm their unique cultural experiences or provide them a safe space to share experiences only they understand. Sometimes local LGBT People of Color feel invisible or unacknowledged in the local gay community. As Marlon Riggs shared they are "often times rendered invisible": there is a visible absence of their images in bookstores, posters shops, magazines, live theater, film festivals, and acknowledgement in the gay rights movement. The few images that are most popular tend to objectify LGBT People of Color and it is very hurtful and offensive. Sometimes the only time LGBT People of Color are invited to become involved in the gay community is when white groups need to present themselves as "diverse" or when funding streams require ethnic and racial specific focuses in order to qualify for or acquire funding. Sometimes they consciously or unconsciously only see LGBT People of Color as tokens instead of people who can contribute gifts, talents and skills. These experiences are quiet truths that are very uncomfortable to discuss. I think people are naturally afraid of things they don't understand. I think we need a forum were LGBT People of Color can share how they feel about these issues. Unfortunately these opportunities too are limited.

What would you like to see the LGBT community do in the next few years to embrace the diversity of ethnicities within our community? I would like to see the LGBT community initiate a community needs assessment conducted by and for LGBT People of Color so LGBT People of Color community members can share what their concerns and needs are. I would like to see the LGBT community provide more venues where local LGBT People of Color can socialize and feel comfortable sharing their experiences. I would like to see the LGBT community encourage and support the LGBT People of Color communities initiate cultural prides which affirm their ethnic, gender, sexual orientation and historical contributions. I would like to see local bars sponsor ethnic and racial specific nights where LGBT People of Color can enjoy the music they enjoy listening to. I would like to see the LGBT community genuinely approach local LGBT People of Color and encourage them to become a part of their activities such as charities, boards and organizations and not be offended or defensive when they share topics that are uncomfortable. I would like to see the LGBT be more culturally sensitive and ensure that more LGBT People of Color images are in the community.

What drew you to working in this field? I was drawn to working in this field when I learned that HIV was disproportionately impacting People of Color and People of Color same gender loving communities. I was concerned that when it appeared to be a "white gay men's disease" there were more protests, political action and financial resources available. However, once it became clear that it was disproportionately impacting People of Color it appeared that less political action and resources resulted. Do you know that it took the Center for Disease Control and Prevention (CDC) 7 years into the epidemic to finally provide direct funding for community based

organizations serving African Americans to help close gaps in access to HIV prevention services in under served communities? I believe these kind of delayed response is why African Americans accounted for half of AIDS cases diagnosed in 2006 yet African Americans only represent 12% of the U.S. population. The share of AIDS diagnoses accounted for by African Americans has clearly risen over time, from 25% of cases diagnosed in 1985 to 49% in 2006.

Tell us a bit about the origins of Golden Rule Services? In addition to being frustrated with a lack of local HIV prevention program targeting People of Color communities, I became concerned about the complaints I was hearing from local People of Color who shared that they didn't feel like local HIV service providers were culturally sensitive. They felt like many of these service providers only tolerated and patronized them. They didn't feel like these organizations truly were as diverse as they claimed because there was an absence of board and staff at these organizations that looked like them and spoke their language. At that time most HIV/AIDS service providers were only offering "multicultural services" without understanding that some People of Color community

members prefer to be around others who share their experiences and understand them. These experiences combined with a heightened awareness of the disparities that People of Color were experiencing around health, education, employment and criminal justice is why I started Golden Rule Services. In the winter of 1999 I started saving my money and on January 1, 2000 I used it as "seed money" to start Golden Rule Services."

Who are the organization's primary target? Golden Rule Services is a minority-based nonprofit organization. Its primary target audiences are African American men, women and youth. Once Golden Rule Services obtains more funding, it would like to broaden its focus to serve all "under served" People of Color communities.

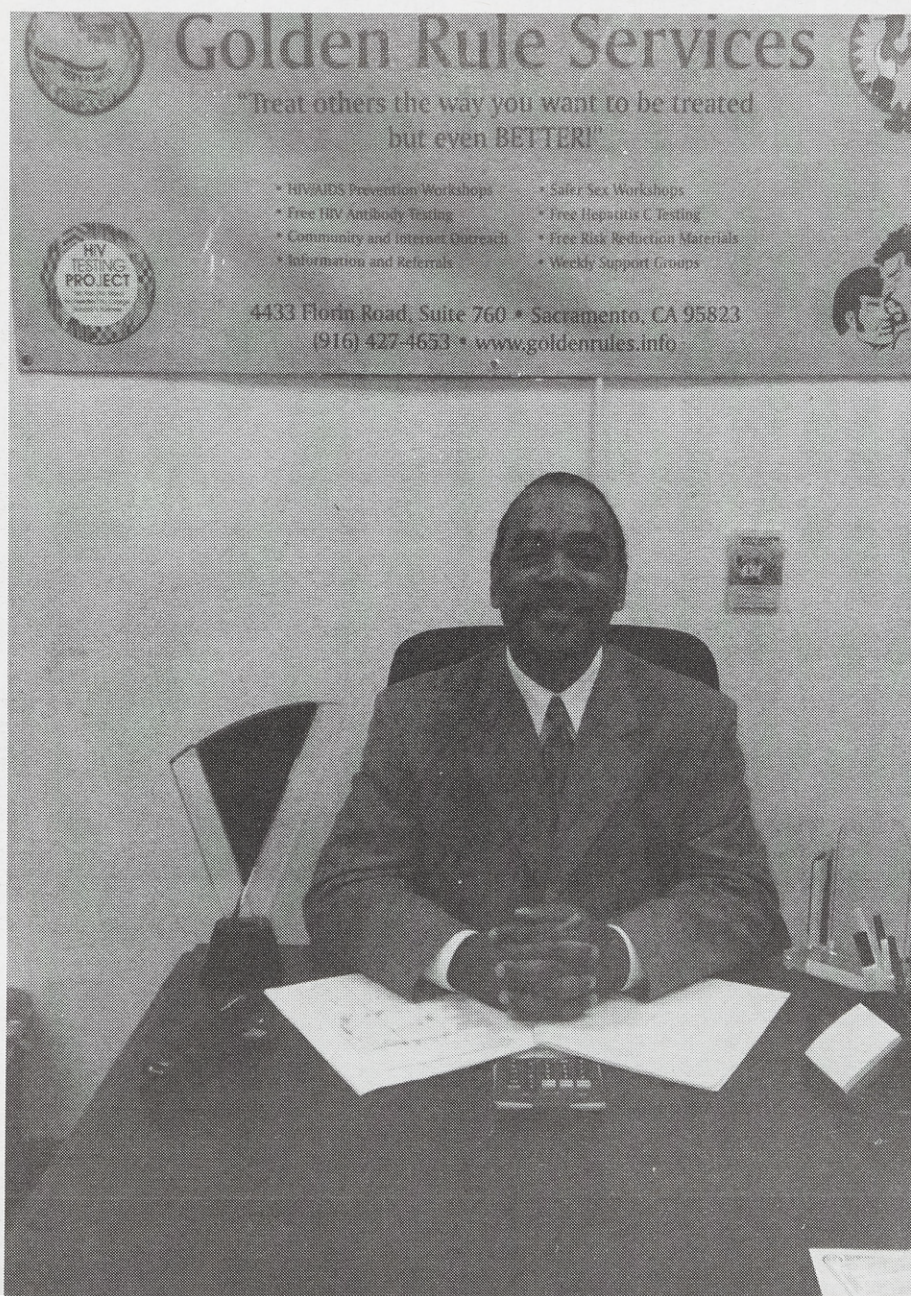
What services do you provide? Golden Rule Services provides a variety of free HIV and STD prevention services including HIV/AIDS prevention workshops, safer sex workshops, HIV antibody testing, community and internet HIV prevention outreach, condom and risk reduction material distribution, and weekly support groups. Golden Rule Services has four projects: The Men's Soul Food Project, The

Sonshine Project, the BOOTSTRAP Project and HIV and Hep C Testing Project. The Men's Soul Food Project is Sacramento's only HIV prevention Project targeting local African American same gender loving men ages 22 and over. The Sonshine Project is Sacramento's only HIV prevention project targeting African American same gender loving youth ages 16-21. The Brothers Out Of Treatment Seeking To Receive AIDS Prevention (BOOTSTRAP) Project services African American adult male injectors. The HIV and Hep C Testing Project services any under served, "high risk" populations wanting to obtain a free confidential HIV or Hep C test. Golden Rule Services will soon be offering chlamydia and gonorrhea screening too!

What are the primary obstacles GRS is facing now? Funding is always the biggest obstacle. Limited funding prevents the organization from serving all of the "under served", "high risk" People of Color communities that need services and other resources. Funding also limits the organization from focusing on the other disparity areas in our mission, such as education, employment and criminal justice. Another obstacle is HIV/AIDS apathy. It seems like so many people have become exhausted in hearing of the complex variety of social, cultural, political and financial issues around HIV/AIDS. Some people have also lost so many people to HIV/AIDS it is too painful to have anything to do with HIV/AIDS. Some people are also apathetic because they are also under the false impression that either there is a cure or that HIV/AIDS isn't a problem any more because of the success of HIV antiretroviral medications.

Where do you see the organization headed in the next 5 years? I see the organization becoming the premiere HIV/AIDS service organization for People of Color in Sacramento County. I would like to see Golden Rule Services not only providing HIV prevention services but also HIV/AIDS care and support services for people living with HIV such as case management, care and treatment. With more funding, community support and a change in our economy I believe it can happen. Do you know anyone who would like to help me?

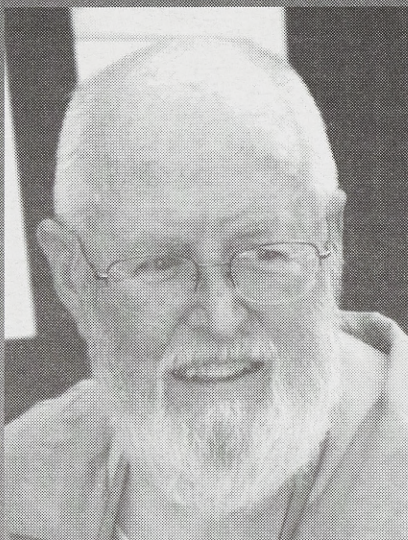
Can you share any successes? We have moved from originally only providing HIV prevention workshops to now providing HIV antibody testing, Hep C testing, street and internet outreach and coordinating community health events. Golden Rule Services is proud to share that last year it was able to walk several individuals who were exposed to HIV/AIDS into local hospitals within 72 hours to take advantage of post-exposure prophylaxis. Many of our clients who have completed our HIV prevention workshops demonstrate a significant amount of knowledge attainment and implementation of HIV risk reduction strategies. Golden Rule Services also received the "2005 Fighting AIDS Award" by the Lambda Community Fund and the "2007 Public Service/Community Service Business of the Year Award" from the Sacramento Black Chamber of Commerce.



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BY JERRY SLOAN

2008 has been an exciting time. It was the year of Prop 8. It was the year of unparalleled LGBT activism and it was the year of an exciting presidential election.

The No on Prop 8 campaign brought us great disappointment due to inadequate leadership of the No on 8 campaign committee and the short-sighted campaign manager they hired.

So I am afraid that with all the promises made to us and the courting done by both the Democrats and Republicans of the LGBT communities will pretty well evaporate after the inauguration of Barack Obama.

While the country is faced with many problems, especially concerning the economy, the Democratic leadership of the Congress is already saying they do not want to deal with any legislation that would benefit LGBT citizens until 2010 or 2011.

While President-Elect Obama would have won the election with a plurality of the votes, it was the 4% of LGBT voters that gave him his 52% majority.

Apparently the new Congress is not capable of multi-tasking and dealing with more than one issue at a time.

We have only to look at the history of the Democrats and LGBT issues that have matriculated through the Congress since Bill Clinton's ascendancy to the presidency.

When Bill Clinton became president there

was a great euphoria, a new pride in our country, similar to what many feel today, and we LGBT people felt that at last some steps for equality were going to be made. Instead there was Clinton's bumbling attempt to integrate gays into the military and because of his lack understanding of what he had to do to accomplish that goal and the cowardly response of the Democratic leadership in Congress to stand up to the bigots howling about the proposed change we got "Don't Ask, Don't Tell."

And then if that was not enough the Clinton and the Democrats failed to resist the Defense of Marriage Act (DOMA) and passed it overwhelmingly and Clinton signed it the darkness of night.

This act established a wave of mini-DOMAs that since has inundated 30 states including California with the passage of Prop 8.

During the time Clinton was President and the Democrats were in control of Congress there was no LGBT inclusion of LGBT citizens in Fair Employment or Hate Crimes laws.

And this certainly has not happened while the Republicans controlled Congress and the presidency.

So here we are now in 2009. Barack Obama is about to be inaugurated on this historic occasion as the first African-American

elected as president.

He has a record of voting in favor of gay legislation in the Senate. While campaigning he included LGBT citizens in his speeches. He even said he opposed Prop 8 but did little to help defeat it and he has not shown us much understanding of LGBT citizens and issues by selecting the Rev. Rick Warren to deliver the open prayer at his inauguration, not that there needs to be ANY prayers at the inauguration.

So now the burden is on the Congress and the President to deliver on the promises made to us LGBT citizens but given the Democrats history and their current mumblings about not wanting to take up legislation that would protect us for at least two years I am pretty pessimistic about what to expect from them.

In 2009 I think we need to keep up the demonstrations like we have recently seen but the theme MUST be expanded to include other demands for our LGBT communities like low cost LGBT senior housing so our seniors are not forced back into the closet when they go into senior care facilities, support for our young people, support for our community centers most of which are operating on shoe string budgets.

And in 2009 more than ever we must heed Harvey Milk's call to "Come out! Come Out, wherever you are!"



Bayard Rustin, the Black gay architect of the 1963 March On Washington once said that, "[LGBT activists] should try to build coalitions for the elimination of all injustice. Because, if we want to do away with injustice to gays, it will not be done because we get rid of the injustice to gays. It will be done because we are forwarding the effort for the elimination of injustice to all."

Many people and organizations try to force us to be a person of color or LGBT, but not both simultaneously. But our lives aren't separated that way. We are always both — and more. The problems we face within our various communities are not so easily divisible.

In fact, even when we find ourselves in predominantly White LGBT environments that are narrowly focused on specific causes such as marriage equality or eradicating violence against LGBT people, other aspects of identity (race, disability, gender expression, etc.) also demand careful attention if we are to meet the needs of our multiple identities.

All of us who strive to promote social justice for communities of color and LGBT people can benefit from broadening our social justice efforts. There should be one struggle whenever and wherever feasible — and that struggle should be approached holistically, not piecemeal. Alliances among oppressed people within and beyond the LGBT organizations are not only desirable. These alliances may be the best strategy for

achieving social justice for each group and for all people.

We live in a society that divides its citizens by one or another characteristic. But we don't have to be held hostage to that alienating approach. We must forcefully assert multiple identities that validate our full humanity; that embrace defining characteristics and that speak to the political realities of our lives as racialized, sexualized and gendered beings.

For instance, a Black gay man with disabilities challenges the notion of someone who is oppressed solely on the basis of race. Yet, acknowledging such a multiple identity does not deny that some benefits may be derived from being male in a sexist society, even as being gay and disabled contributes to one's potential victimization in other arenas.

Hate crimes are seldom perpetuated by individuals who only despise one particular marginalized group. People and groups who perpetuate hate crimes against people of color and LGBT people pose a threat to all of us.

The LGBT movement seems singularly focused on efforts to repeal anti-marriage initiatives and the military's "Don't Ask, Don't Tell" policy. I am involved in some of those efforts because these are two of many important issues confronting social justice organizations and individuals. But I worry that we undertake marriage equality struggles to the near exclusion of so many other social

justice issues that need urgent attention.

Studies show that lesbian and gay youth who are troubled by same-sex attractions commit suicide at higher rates than their heterosexual counterparts.

What are we doing to create educational, community, religious environments that embrace our young LGBT youth in need of guidance and support? What are we doing to increase societal understanding that hate and bias incidents against lesbians and gays are punishable offenses and that much work has to be done to address the longstanding reality that people of color are more likely to receive the harshest penalties allowable under the law for criminal offenses? In a homophobic and racist society such as ours, we risk losing both victims and victimizers in hate and bias incidents involving lesbians and gays of color.

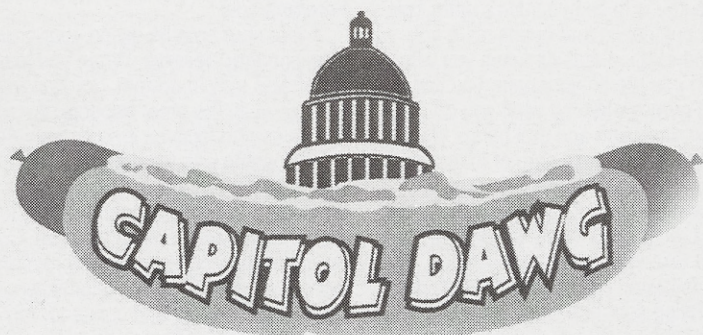
Finally, these issues are important because several groups are competing with each other for full rights when alliances could prove more effective. Women's groups have always included male allies in their struggles, and the struggles of racial-ethnic and sexual minorities have always included majority members.

We need to work to acknowledge that lesbians and gays span racial-ethnic backgrounds and we need to encourage the media to cover us in ways that celebrate and protect the rich, full, and complex humanity represented within lesbian and gay populations.



DR. PAT WASHINGTON, PH.D. IS ONE OF SAN DIEGO'S MOST RESPECTED CIVIL RIGHTS LEADERS FOR THE LGBT AND AFRICAN AMERICAN COMMUNITIES, AS WELL AS THE FEMINIST MOVEMENT. SHE IS THE PAST PRESIDENT OF THE SAN DIEGO CHAPTER OF N.O.W. (FIRST AFRICAN-AMERICAN ELECTED), SERVED AS EDUCATION CHAIR OF THE SAN DIEGO BRANCH OF THE NAACP, AND SERVES ON NUMEROUS BOARDS AND COMMITTEES.

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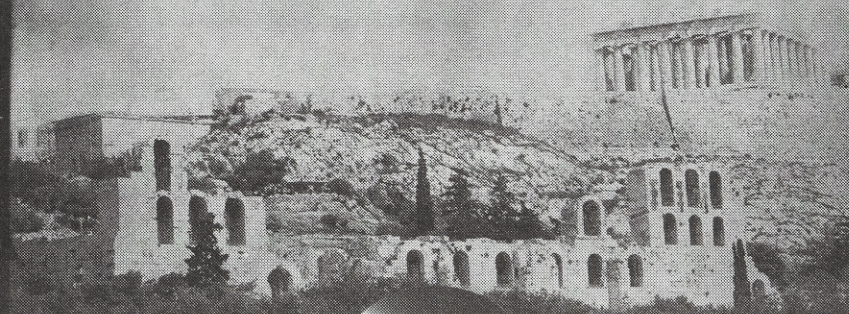
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& give it to the rest of us
It's your mission"

BY JAMES LOORAM Ph.D.

A MID-RECESSION LIFE REVIVAL: NINE STEPS YOU CAN TAKE RIGHT NOW TO LEAVE YOUR STRESSED-OUT LIFE BEHIND. THESE DAYS THE WORLD FEELS LIKE ONE BIG STRESS BALL. BUT IF YOU EXPECT THE STRESS TO PASS ONCE THE KINKS ARE WORKED OUT OF THE ECONOMY, THINK AGAIN. AUTHOR JAMES LOORAM, PH.D., SAYS THE RECESSION ISN'T TO BLAME—YOUR UNSUSTAINABLE LIFE PATH IS THE REAL CULPRIT.

Stressed lately? You're not alone. With new layoffs announced almost daily, a stock market on shaky ground, industries seeking tax-funded bailouts — and, oh, yes — the holidays just around the corner, hand-wringing is the new black. You know these problems will work themselves out. (If you doubt it, note how far those astronomical gas prices have fallen.) You'll get your gifts bought, downsized employees will find new jobs, the economy will rebound. Life will go on. But here's what James Loomam wants to know: Do you really want your old pre-recession life to go on, business as usual?

"Sure, a lot of people are frazzled and unhappy right now," says Loomam, author of the new book *Your Essential Self* (Frederick Fell Publishers, November 2008, ISBN-10: 0-8839116-0-4, ISBN-13: 978-0-8839116-0-0, \$14.95). "But think about it: Weren't you just as stressed before the economy collapsed? We have a very human tendency to blame circumstances for our unhappiness, but the truth is many of us started burning out a long time ago. And why? Because we are forcing ourselves to live lives that aren't fulfilling."

"What most people need right now is a life revival," he adds. "And actually, the recession is the perfect time to do so. After all, America is already in an introspective mood. We've just elected a new president; we've clamped down on the mindless spending. As a nation we seem to realize the old ways aren't working anymore. Why can't we take that a step further and realize it as individuals?"

Loomam is a pro at helping people find their purpose or what he calls their path in life. *Your Essential Self* captures the content of a five-day executive retreat he conducted for ten years. The seminar series came about after Loomam noticed that the experienced, well-educated mid-level managers at the Fortune 500 companies he consulted with had lost their fire and passion for their work.

His system helps people shed the ill-fitting belief systems they've accepted all of their lives in order to discover the talents, values, and joy that make up their essential selves. First you must find the path to deliver your essential self. You get there by asking yourself questions, such as: What truly enthuses me? What has recently brought me the most joy? Am I doing what I am meant to do?

"Modern day humans live in two worlds," says Loomam. "The first is the 'ideal' or perfect world we dream about, the one towards which we set our expectations. The other is the 'real' world of frustrations, blocked ambitions, and dashed dreams. Too many of us get bogged down in the 'real' world and give up on trying to achieve our 'ideal' world."

With some introspection and self-cultivation, you can break your "real" world down and figure out how to start living in your "ideal" one, he explains. The key is to find your life's path. This is hard work, but the life that opens up to you is so fresh and exciting that it infuses you with energy. When you are on your path, you find meaning and purpose behind what you do. You are literally on a mission and that brings you joy.

If you think, Well, I'll take care of that once this economic upheaval levels off, you're missing the point. In fact, it's that kind of thinking that brought you to this point. Loomam suggests you take the plunge now — and provides the following tips to get you started on the path to finding your essential self:

Maybe you can't quit your day job, but you can revitalize it. Consider the following scenario: There are two high school teachers who have been teaching for 25 years. The first is still full of enthusiasm and joy. She continues to learn new ways to teach and can't wait to get to the classroom each day. The second is burned out, does an adequate job, but is simply going through the motions. The first has found her mission. She is on the right path, one that draws on her talents, is meaningful and brings her joy. She will gladly do it forever. The second is doing a job. She has not found her calling.

"If you're the second teacher, it's probably not realistic to abruptly resign, especially in light of the current economy," admits Loomam. "But what you can do is figure out what you really love doing and incorporate it into your daily life. If you discover your passion is in caring for animals, start volunteering each weekend at your local humane society. Perhaps you can instill a love and respect for animals in some of your students, which will give you a new sense of purpose at work. By folding your passion into your life, you will find that you can enjoy other things more and you will be rejuvenated in every way."

De-fog your worldview lens. We have all been programmed over time to embrace a particular set of values. These values have in turn influenced your beliefs, which have influenced your needs, which have influenced your attitudes. These structures have then played a role in determining your relationships. Each of these layers — relationships, attitudes, needs, beliefs, values — creates a lens through which you see the world. But all these layers can actually alienate us—from both our essential selves and the world around us.

"Think of it like this," advises Loomam. "In the winter, we pile on the layers when going outside. We throw on a sweater, a big coat, a scarf, a hat, and gloves or mittens. But what happens is all those layers hamper your movement. You lose dexterity because your hands are covered and agility because you're in these bulky clothes. Well, the belief systems you have built up over time are just as cumbersome. To find out what you are really all about, you have to strip off those layers and get back to your essential self."

"Here's how to start the process," he explains. "Write down your three most important values. Then consider the following questions: Did I choose that value freely or was I programmed to embrace that value by some institution, such as family, church, or school? Was I aware of the alternatives? Was I aware of the costs incurred by embracing that value? Do I publicly affirm that value? And do I walk my talk? If you cannot answer yes to all of those questions, then you can strip that value. Eventually you will have gone through your list of values, beliefs, and needs and will be left with only those that are important to you in the here and now."

Clear your path by giving your priorities the attention they deserve. When you learn to focus on what is truly important, you can expend more energy on all the other aspects of your life. The manager who focuses time on truly developing a relationship with his daughter will find that it gets easier to focus on work demands because there is no longer the distraction of an unhealthy relationship at home. Conversely, the manager who finds the appropriate niche at work to deliver his or her enthusiasm becomes much more fulfilled and consequently much more "present" at home.

"The key is to truthfully answer the question What is important to me? and then to focus your energies there without worrying about neglecting other areas," says Loomam. "For example, commit to spend one hour a day for three days a week reading to and playing with your daughter. You'll find that when you focus on that one thing that is truly important to you, you will continue to perform as well as, and probably even better than, before in other areas of your life. Why? Simply because you are content."

Learn to accept those who irritate you. All of us have at least one albatross: that person at our office or that other parent at school events who gets under our skin. Perhaps you allow this person—and you know who she is—to ruin an otherwise enjoyable day at the office picnic or to distract you from your son's performance in his first school play. You probably blame your dislike for this person on her behavior or sour attitude, but the reality is you just haven't accepted what makes the two of you different.

"No one really has a bad attitude," says Loomam. "They simply have an attitude that differs from yours. Each of us has a very

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distinct personality. It is a unique mixture of deeply ingrained opinions, beliefs, experiences, relationships, attitudes, needs, and values. These unique belief systems are what often make it very difficult for us to cope with one another. At least once a day, try to see the world through the other person's eyes. Once you accept that there are personality differences between you and those around you, it can be easier for you to find the common ground on which you can work together."

Stop trying to do it all. Advancements in technology have made it possible to work from virtually anywhere, which means many businesspeople work on their vacations and after their kids go to bed at night. Though women have become prominent and important parts of the workforce, they are still expected to play a larger role than their spouses in running the household and raising the children. Everyone tries to do it all in order to get ahead, but what happens most often is we look back and realize we have accomplished nothing.

"Sure, you might have gotten a pay raise here and there, but did you enjoy a single moment of all that work?" asks Looram. "Or explaining to your daughter why you missed yet another soccer game? What I ask you to do is to focus on one true path for you and cut out what just doesn't fit. The idea is that you find balance in your life by throwing it out of balance. When you are able to focus on your essential self, everything else falls into place."

Create a 20/20 vision of your future. A single, well-developed, congruent, and coherent vision for the future is a very powerful tool. If you don't have one, spend some time developing it. Write it down. There's something about translating your ideas into words on paper — or at least on the computer screen — that helps clarify them.

"We can create inner peace by summoning the courage to focus on just one thing—the vision that draws us along the path we have chosen," says Looram. "Remember, you should have only one vision. Competing simultaneous visions do just that: They compete, and as a result, we become the referees. We are no longer playing along the path. Those who have more than one objective have none. You can have several goals to help you achieve your vision, but the vision itself should stand alone."

Start seeking joy, not pleasure. Pleasure is the fulfilling of many of our basic internal needs for food, drink, sex, and exercise, and external needs for security and recognition. There is absolutely nothing wrong with pleasure. However, all pleasures are transitory: Once we have experienced a good meal, we will seek another, and another. Joy is something altogether different, says Looram — it's a deeper abiding sense that we are in touch with the universe. When you are joyful, there is an unmistakable enthusiasm for the task at hand. You have found a deeply satisfying psychological and spiritual state that gives a clear sense of authenticity and truth.

"You must choose a path that brings you great joy," he says. "It should be an activity that you can't wait to get to each day. It is work that when you are engaged in it you lose your self-awareness. So, think back. When is the last time you lost yourself for a moment and were completely joyful? Was it when your college rock band reunited for a show at a local bar? Was it when you wrote a special birthday poem for your daughter? Was it when you volunteered at the soup kitchen? If you can pinpoint your last joyful moment, chances are you have found

your path."

Take up a "stop thinking" practice. Thinking isn't always a good thing. There are some tasks that we do every day that if we were to stop and think about what we were doing, we would actually slow ourselves down, like tying your shoe or driving your car. It's your right, non-thinking brain that controls these tasks, and that is the side of the brain you will need to tap into in order to realize your essential self. Thinking at the time of execution interferes with performance. Sometimes the less you can think about an issue, removing your thoughts from the circled chatter of your left brain, the more you come to understand it.

"Getting into a non-thinking state takes practice — daily practice," asserts Looram. "Gardening, biking, swimming, wood working, sculpting, yoga, tai chi, any sport, even walking can take on the aspects of a perfect non-thinking practice. They are performed with the specific intention of relaxing your body, quieting your mind, and allowing you to enter a non-thinking state. The more we practice, the more peaceful, centered, and focused we become. This practice, which may take less than an hour each day, places us back in our very active worlds centered, focused, peaceful, and able to move through the turbulence of our daily lives while remaining in the eye of the storm."

Stop living in the past. Just as we can create our future through our mind's ability to visualize it, we can recreate our past by simply causing our minds to interpret what has happened to us in a different way. This can be a powerful realization.

"The past is history that can be interpreted in any way you choose to interpret it," says Looram. "Everyone can find or manipulate some occurrence in their past and use that experience as an excuse for why they aren't seeking out a better life. If you find that you are lingering on a bad childhood or a bad work experience, it's time, as I used to tell my kids, to get over it! These experiences are absolutely irrevocably in your past. Fail to get over them and you ruin the present moment. Living in the past, even the most recent past, keeps us from enjoying the gift of the present."

You'll notice that most of these practices cost little to nothing in monetary terms. That's good news for those of us who are cash-strapped by the recession. The obstacle you may have to overcome is a deep-seated unwillingness to embrace a way of thinking that's foreign to the average, hectic-scheduled businessperson and parent.

"If you're about to write this spiritual, introspective process off as 'not for me,' I ask only that you stop for a second and evaluate how happy you are," urges Looram. "Think about how your stress levels and subsequent unhappiness affect not only everyone around you, but you, your health, and your soul. Just give it a try. You can always return to your old ways. But I promise that if you take the time to find your path now, you will set yourself up for a more fulfilling, joyful life."

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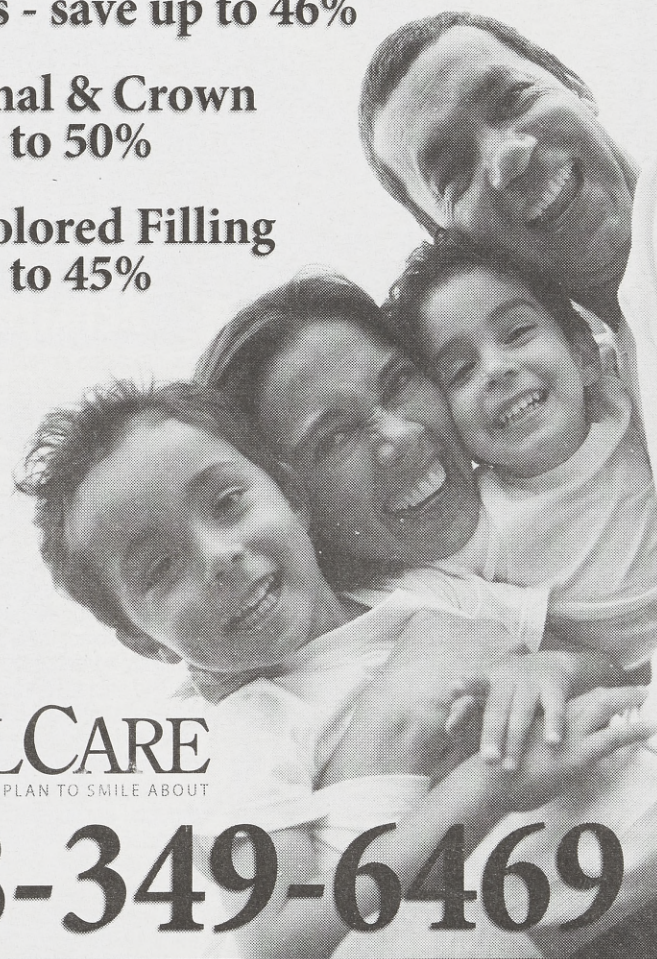
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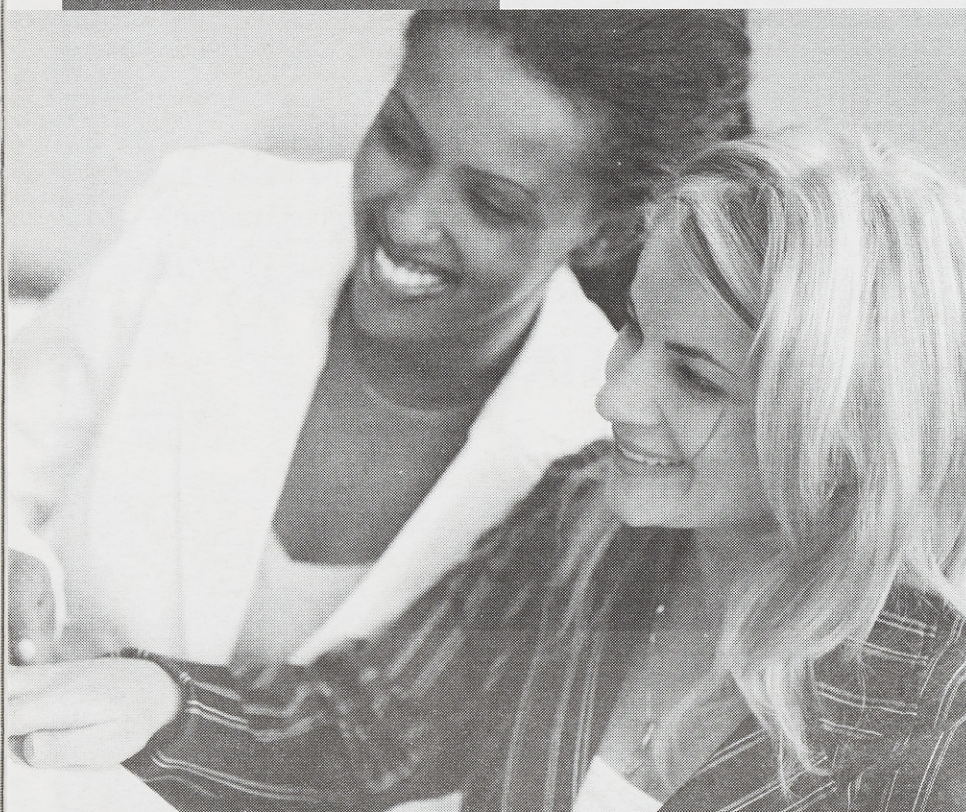
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BY "IMPETUOUS"

DESPITE OUR DIFFERENCES

My friend called and asked me if I would be interested in writing commentaries from a woman's perspective. MGW wants to make certain lesbian readers are being represented. Although I hardly feel qualified, and have never done anything like this before, I was impressed that my "brother", and the newsmagazine, had consideration for their "sisters". I was told this issue's theme was about cultural diversity within the LGBT community. He expressed understanding by saying "maybe you aren't the best candidate for this subject, because you are white", which I initially agreed with.

The subject of racism and prejudice in general seemed relevant though, and is very near and dear to my heart, so I deliberated over it. I do have opinions about cultural diversity, and more specifically prejudice, even though I am considered immune or insensitive to racial issues by some, because of the color of my skin. There is some irony in that wouldn't you say?

I was born and raised in Napa, CA, in the early 1970s where there weren't many people that weren't white and straight. I wasn't rich or privileged, which is a stereotype that people sometimes have about white people, especially if they think you came from an affluent community. I grew up the complete opposite, the product of the hippie generation.

I can honestly say I didn't have any racial prejudices, because I wasn't exposed to any other cultures. I do remember hearing friends and family occasionally making racial jokes and slurs, and I didn't understand that it was wrong, let alone why. I don't think they did either. They also made gay jokes and slurs of course, which is still more predominant everywhere in my opinion. I think they just copied what they heard from others, without putting any thought into it at all. What I did know is that I felt different, and it wasn't OK to be gay there. I lived there until I turned 18,

at which time I ran away as fast as I could to explore the outside world and meet other gay people.

I moved to the Bay Area initially, where there were people like me. Not too long after, I started work in law enforcement, in a very culturally diverse, very high crime rate city. It was right after the Rodney King beating, and the riots that followed in Los Angeles. I was only 23 years old. I was a not so naïve, but certainly naïve to the racial issues I would soon face on a daily basis.

What an eye opener. I got a crash course in different cultures, and unfortunately, racism. It was just about a job requirement to be prejudice, but you also had to learn to convincingly publicly deny it. I believe that most cops aren't intentionally racially prejudice; they just don't like anybody that they consider a criminal, and unfortunately most of our time was spent in minority neighborhoods. I personally never felt comfortable with treating anyone like they didn't deserve respect, or watching other cops that did treat people that way, no matter what or who the people were.

The cops weren't the only ones though; it worked both ways. I was constantly criticized for being white, or called "dyke" by minorities that didn't like the police. The black officers were frequently called "Uncle Tom", and I once had an Asian probation officer partner wearing plain clothes that was searched and handcuffed by another officer while we were on a call together (they assumed he was a crook because he was Asian).

After almost a decade, I had had enough and moved on to a civilian job. Before I resigned though, I was fortunate enough to be sent to visit the Museum of Tolerance in the Los Angeles area. Though I really don't like the word "tolerance", as it implies an inequality—the Museum of Tolerance is a wonderful experience. It centers on the Holocaust, but teaches about the economic and psychological factors that led up to the Holocaust, and highlights the similarities we see in the world today. It makes you realize that it didn't happen that long ago, and how easily it could happen again.

I am very grateful for the experience of visiting the Museum, and would recommend to anyone that they should visit, and take others with them, especially young people. There are only a few actual survivors left who go there and tell their stories each day. The one I listened to cried while he told us what had happened to him, even though so many years had passed and he had told the same story so many times. He showed us the number he still has tattooed on his arm, and he wept. I guarantee you will leave a better person than you were before you went.

From personally suffering discrimination as a lesbian, having worked in a culturally diverse and racially prejudice environment, and my visit to the museum, I learned to understand that people stereotype others based on their previous negative experiences (fears), and/or because they take on the values of their peers who promote discrimination. Taking on the values of your peers is similar to the "us and them" theory in psychology. We think it makes "us" better than "them" to join together against them, but in reality it does not.

I believe that we do a much better job at avoiding racism and prejudice within the LGBT community than the rest of the world does as a whole, but there is certainly room

for improvement. I think we do better because we have more understanding of what it feels like to be discriminated against, but I have, on occasion, seen that some of us appear to forget about that from time to time.

For example, a lesbian friend of mine and I were once just about escorted out of a gay male bar in Washington DC, just because boys and girls don't "mix" there. They made fun of how we were dressed (which was actually very nice by California standards). They said we looked like "bikers" and they not so politely said we belonged in the lesbian bar down the street. I wasn't used to that kind of attitude, as I hadn't experienced anything like that in California. Even here, however, there are sometimes subtle divisive attitudes between gay men and lesbians, and vice versa.

I frequently notice transgender people arriving, leaving, and sitting alone when they are out. I see others around them acting like they aren't there. My impression is often that some may be afraid to of ridicule by their peers if they socialize with the "weird" ones, or maybe they are just afraid of someone that is different from them. It's kinda funny, the transgender people I have talked with have been some of the friendliest, most normal, articulate, and kindest people I have met. Much more normal than some of the "normal" women I have dated in years gone by ... that were totally nuts.

Why is it some of us seem to not give transgenders the same open mindedness and friendliness you would treat someone else with? They are obviously the most picked on by society among us, and if we don't support them, who will? A perfect example ... the slap that was given to this group by being excluded in the new title of the "Gay and Lesbian" Center here in Sacramento. While it may not seem like much to those of us who aren't transgender, imagine it were you that had so little acceptance and support even among your only "family".

As for my black, Asian, Latino, Middle Eastern, blue, purple, green, and orange LGBT brothers and sisters, please accept my apologies for the prejudice of white people in the world. They are ignorant, stupid, mean, or sometimes just insane, and I am ashamed to be in anyway associated with those types of white people. Please remember though, I too did not have a choice of where I was born, who I was born to, or what skin I am in. I also should not be judged for the actions of others.

I don't think that any group, minority or not, is immune from having prejudice. While we are making progress, we still have work to do. As LGBTs, we have even more of a responsibility to be aware of our own discrimination towards people though. If we want to be treated with respect and not discriminated against, we certainly ought not to do it to each other, or anyone for that matter. I feel strongly about this, and that's why I wanted to share my thoughts with you, despite the fact that I am white.

So, as a suggestion, maybe the next time you hear your friend or relative making a racial joke or slur, you should correct them, even if they might think you're being too serious, or you think they might not listen to you anyway. Say hello to someone you might normally feel uncomfortable with or afraid of. I know it sounds cliché but, embrace our differences ... this world would be very boring if we were all the same.

They call her "Richmond Jane Doe." She could also be called "Collateral Damage from the YES on 8 campaign." She is a lesbian, a mother, a committed partner, and the victim of a horrendous gang rape that sickened even violence-hardened Richmond detectives.

The 28-year-old woman was attacked on December 13 while getting out of her car which had a rainbow sticker. Two adult Hispanic males and two teenagers attacked her, raping her inside and outside of her vehicle while verbally abusing her for being a lesbian. She was approached, struck with a blunt instrument, ordered to disrobe and sexually assaulted. When they saw someone approaching they forced her into her car and took her to an abandoned, burned out building and raped her again and again and again then took her wallet and car and left her naked in the street.

The attack allegedly took 45 minutes—its effects will last forever—not only for the victim but for every lesbian and gay man everywhere. (Last week two brothers from Guatemala were attacked while leaving a bar in New York City—one was killed. They were perceived to be gay because they were walking arm in arm.)

Humberto Hernandez Salvador, 31, was arrested Wednesday, December 31, and is being held without bail on charges of gang rape, kidnapping and carjacking. Josue Gonzalez, 21, turned himself in on January 1, 2009, after police announced they were

looking for him regarding the same charges. Last week 16-year-old Darrell Hodges was charged as an adult for similar offenses and an unnamed 15-year-old was also arrested.

Police added hate-crime enhancement to the charges against Salvador, who was armed with a gun. He could face more severe penalties if convicted.

Not arrested were: The perpetrators of the "Yes on 8" campaign, to the lies, misrepresentations, and hate-mongering which they used to create the climate of hatred which now surrounds GLBT second-class citizens;

Not arrested were: The Hispanic Roman Catholic Bishop of Sacramento who sent a "pastoral letter" to the churchgoers in the diocese telling them to vote for Prop. 8. The one priest who refused to read the letter to his congregation has been removed.

Not arrested were: The Knights of Columbus; the Mormon lackeys, the newcomer Eastern Europeans who chanted "We won, we won" at the grieving demonstrators in the post election—the list could go on.

Not satisfied that Richmond Jane Doe, has been reviled enough for putting a rainbow sticker on her car, even a female reporter for the Associated Press appeared to seek justification for the attack when she wrote, "The woman, who lives openly with a female partner, was attacked on Dec. 13 after she got out of her car affixed with a rainbow gay price sticker." What was the message

here? That homophobia is so ingrained in the culture that the statement was able to get through the editing process of a major news outlet?

Is it possible that the meaning was if she didn't have a rainbow sticker and if she didn't live "openly," then she wouldn't have been attacked? Is that a warning for the rest of us? Get back in the closet and we'll leave you alone?

During World War II, the people of Denmark, led by their king, all wore the Star of David to keep Nazis from identifying and attacking Jews. I suggest, that all of our allies, all people of good will, those who believe in human rights and the constitution, and every single one of us contact Laurie McBride at Twanda13@comcast.net and get a bunch of rainbow stickers. Some to have and use for yourself and a number of them to hand out to friends. LET THERE BE RAINBOWS! Then maybe, someday, somewhere, we will begin to feel safe again.



BY MARGHE COVINO

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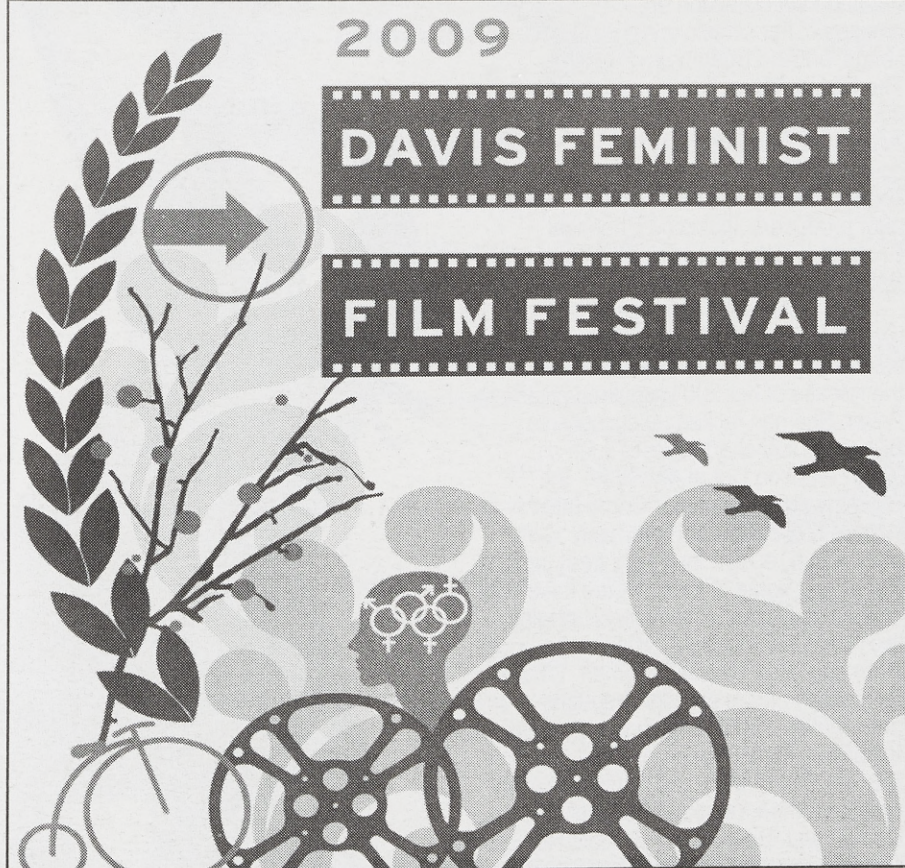
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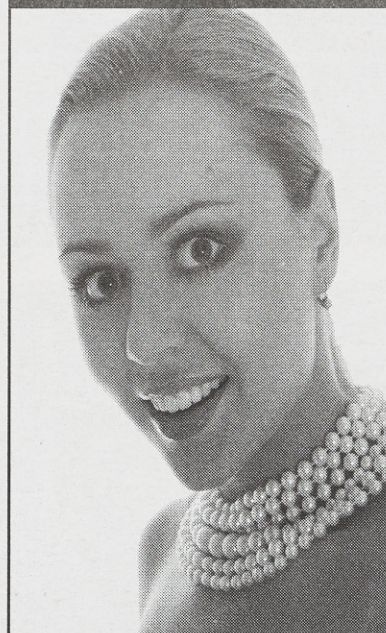
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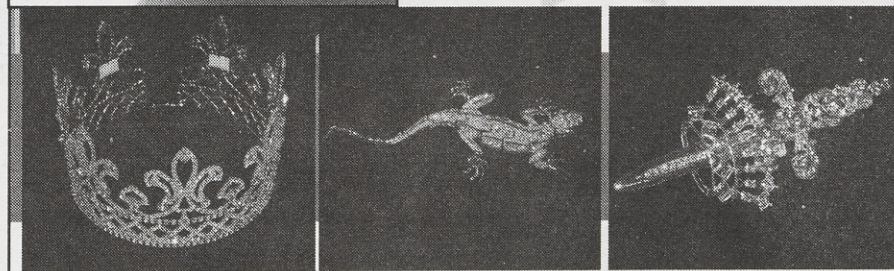


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You can count on the fingers of one hand the number of "pop" artists who've lasted more than a decade, let alone more than two decades! In July 1987 Kylie released her first single, a remake of the 1962 Little Eva hit "Locomotion". The song hit No. 1 in Australia and remained in the top spot for seven weeks, becoming the biggest Australian single of the '80's. Twenty years later she now holds the record for the most played female artist on UK radio over the last 20 years!

Since then she has released nine studio albums, two live CDs, seven live concert DVD's, plus her Greatest Hits and the Ultimate Kylie double album and multiple video packages. This is of course in addition to 43 singles released internationally, all of which have been hits.

Kylie has been the guest of Royalty in Britain and Europe, she's received countless gold and platinum discs; she's been honoured with numerous prestigious awards and in 2000 closed the Sydney Olympics. She's sold-out six world tours, including the critically acclaimed 2006/2007 "Showgirl Homecoming" concert which saw her concluding the original Showgirl tour that was cut short due to illness.

Now, the international pop icon Kylie Minogue will continue to rule the dancefloor with the release of a brand-new collection of remixes of her classic songs, entitled Boombox The Remix Album 2000-2008, on January 27th on Astralwerk Records. The collection features remixes by some of the world's most sought-after producers, including Chemical Brothers, Fischerspooner, Mylo, and Sebastian Leger.

The Aussie superstar has attracted a loyal U.S. fanbase drawn to her dreamy electro-pop dancefloor fillers ever since the release of her 2001 breakout hit album Fever. She has racked up successive Billboard Club chart-toppers such as "Can't Get You Out of My Head," the Grammy-Award winning "Come Into My World," "Love At First Sight," and "Slow," all of which receive the remix treatment on Boombox. Some of these mixes have only existed as promotional vinyl 12" singles, like "Love At First Sight" (Kid Creme Vocal Dub) and "Red Blooded Woman" (Whitey Mix), while others are highly sought-after rarities, like the much boot-legged Kylie/New Order mash-up "Can't Get Blue Monday Out of My Head," and previously unreleased tracks, like "The One" (Bitrocka Remix) and "Boombox" (LA Riots Remix).

Now old fans and recent converts alike will be able to experience the full range of Minogue's dancefloor catalog in all its party-starting glory.

Boombox comes on the heels of a busy 2008, which Minogue began by being honored by the Queen with an OBE (Order of the British Empire) for her services to music and winning a BRIT Award for "Best International Female Solo Artist." In April, Minogue released her tenth studio album in the U.S., entitled X, which is her first all-new set of songs since 2003's Body Language. The album has been nominated for a 2009 Grammy Award for "Best Electronic/Dance Album," earning Minogue her fifth Grammy Award nomination. She also embarked on a three-month, 50-date European tour, entitled KYLIEX2008.

For more on Kylie Minogue, including news updates, photos, streaming audio and video, and downloads, please visit kylie.com



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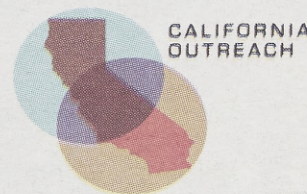
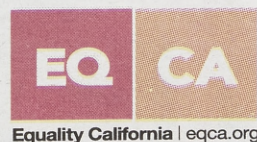
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BY WILLIAM YEOMAN

Mean Machine

"I'll knock out anyone who makes fun of me in my Ginch," warns Ryan "The Real Deal" Ford. And he means it too. Standing 5 feet 11 inches and weighing 170 pounds, the mighty-muscled, multi-tattooed Mixed Martial Arts welterweight fighter is the new celebrity face of underwear fave, Ginch Gonch. "Ginch Gonch reminds me to take at least two moments each day from my rigorous training and smile. After all, I'm living my childhood dream."

'In it to win it', Ford aims to become champion of the MFC (Maximum Fighting Championship) and the UFC (Ultimate Fighting Championship) leagues. With his record of 5 wins and no losses, he's on his way. His most recent and most anticipated win was against Pete Spratt of the UFC via submission, where Ford first used the move he has become famous for, the Rear Naked Choke.

He is the son of retired boxer Allen Ford, once ranked third in the world and recently inducted into the Boxing Hall of Fame. As the celebrity face of Ginch Gonch, the young Ford is making history of his own, becoming the first professional Martial Arts Fighter to win an endorsement contract with a leading underwear brand.

Mixed Martial Arts Fighter Ryan Ford Tackles Ginch Gonch

How did you become the new face of Ginch Gonch? A lot of my buddies wear it and I reached out to the company for some digs. After chatting with them, badda boom badda bing, I was in the back of a dump truck doing my thing.

Did you have to fight former campaign model Benjamin Bradley for the job? Who is Benjamin Bradley?

He was one of the original Ginch Gonch boys. Not familiar with him. So to answer your question, I didn't fight him. I don't fight 'boys' anyway.

Fighting is in your blood. Is it true your dad was a boxing champ? Yes, he was. My dad, Allan Ford, was ranked third in the world and was inducted into the Canadian Boxing Hall of Fame.

Did he inspire you to get into the ring? I guess he did. I always wanted to be like Dad.

But you went a different route – the mixed martial arts ring. Why? I started boxing but it just wasn't hardcore enough for me. I wanted to go crazier in the ring, and nothing is more intense than MMA fighting.

How do you explain the overwhelming popularity of the sport? MMA fighting is raw and animalistic. It's not controlled. Anything can happen and that really appeals to a lot of people.

Is the sport aware of its huge gay

following? Gays are guys and every guy likes to see a good fight.

Yeah, but many gay men aren't watching for the fight. Many are watching because half naked guys wrestling is, well, pretty hot... (Laughs) I don't know how to respond to that except to say that yeah, I'd agree I'm pretty hot.

Is homophobia a problem in the league? Not that I'm aware of.

Would an "out" fighter be accepted? If someone's hardcore enough to kick ass in the ring, they deserve to be there. What they

a move where your arm wraps around your opponent's neck and then you grab your own biceps on the other arm. No one can get out of my Rear Naked Choke.

Who is your biggest rival in the ring and how do you plan to bring him down? Every single fighter in the league is my biggest rival. I'm bringing them all down!

What is your ultimate goal? My goal is to become welterweight champion of the MFC (Maximum Fighting Championship) and the UFC (Ultimate Fighting Championship). I'm on my way.

kick ass "Real Deal" style in the ring.

You've said in interviews that your athletic idol is "Pretty Boy" Floyd Mayweather. Why is that? Because he walks the walk and talks the talk. He has incredible ambition and an animalistic passion for competing that makes him unstoppable.

Do you subscribe to Ginch Gonch's philosophy of "live like a kid"? You bet I do. Everyone has to have fun in life. **Besides the new Load'N & Dump'N's, what is your favorite Ginch collection?** The multiple stars because they remind me what



do outside of the ropes doesn't matter after the bell rings.

What would you say to guys who believe two grown men wrestling in a ring is pretty gay? If it was said as an insult, I'd punch him out. You know what, I'd punch him out anyway because hateful bigoted words should not be tolerated anymore.

What has been your toughest match? They've all been tough but I can say my favorite fight so far was when I won against Pete Spratt of the UFC. I brought him down with a Rear Naked Choke.

What's a Rear Naked Choke hold? It's

You're the first Mixed Martial Arts fighter to win a national apparel campaign. Why were you chosen? Because I'm rough and tough and I look great in my Ginchies.

Does your vigorous training help you look good in briefs? I train three times a day including five mile runs, boxing, wrestling, kick boxing, weight lifting, strength and conditioning. Yeah, I'd say it helps.

Ginch Gonch is a wild and crazy underwear brand. Are you as wild and crazy? Look at me. What do you think? Yeah, I'm crazy. I like to party like a rockstar and

I'm shooting for.

What do other fighters say about your underwear when they see you changing in the locker room? Have any dared to make fun of you? No one has made fun of me. In fact, the opposite. I got all my buddies wearing Ginch in the ring now. Dudes are constantly asking me to get them free gear.

How have your fans reacted to the campaign? They love it man! I think they've come to expect crazy shit from me so they like it.

The most important question: briefs or boxers? Both. I switch depending on the day.

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Happy New Year Everyone! I hope everyone had a safe New Year's Eve and all of you have been sticking to your resolutions.

New Years Eve I went to FACES Extreme Bash which was totally fun. I was upstairs most of the night eating at the *fabulous* buffet Terry has every year! As all of you know I love to eat and I eat a lot.

Speaking of eating, this year my sister decided have her gastric bypass surgery and it went very well. She has been struggling with her weight her whole life and I know she will be much more happier with this surgery. I guess she won't be eating any McDonald's anytime soon!

Gastric bypass surgery makes the stomach smaller and allows food to bypass part of the small intestine. You feel full more quickly than when your stomach was its original size, which reduces the amount

of food you eat and the calories consumed. Bypassing part of the intestine also results in fewer calories being absorbed leading to weight loss. It's not for everyone, so if you are considering it, be sure to educate yourself on it first.

The Mizz Monique Moore's Got Talent Search Finals was the week before Christmas and the winner of the night and of \$1,000 in cash and prizes went to Shane, a poet who delivered a powerful poem like no other.

The second place winner was Janet, a dancer who did a rendition of a hula dance which was awesome.

How many of you are still shopping after the holidays? I have been getting all of those 50% to 75% off deals. I love to shop! And don't forget that post holiday sales are still going on a lot of websites!

This past week I decided to take a little

trip to the Thunder Valley Casino and I won \$500 on the Wheel Of Fortune game after just putting in one dollar! I was so excited I almost pissed my pants — it's just an expression — and straight to the buffet I went. Hey, I told you, I love to eat.

If you've never eaten at the buffet there then I suggest that you do because it is so delicious. Another buffet I love is the Golden Corral off Florin, you will be in heaven, as I always am when I go there and pig out.

I finally gave in this month and got one of my dogs a stroller — yes, a stroller. I was at my friend Yolonda's dog shop in Elk Grove and *had* to get it. It is so adorable.

On Feb. 8 Mr Gay Sacramento-At-Large Spade Moore and myself, in conjunction with the Imperial Court, will be hosting a "King and Queen of Hearts" contest at Club 21. I hope to get many contestants, so if you are interested in becoming a "king" or a "queen" then please email me.

The Dragalicious Show is still going strong and the talent is getting better and better every week with different entertainers that I book from out of town. It is good to have out of town entertainers audiences can enjoy talents from other cities along with seeing the flawless talents of our own hometown. So if you're not doing anything on a Sunday night and want to see some good entertainment, come on down to FACES and enjoy our Dragalicious Show at 9 p.m. "drag time".

Until next time — this is Mizz Monique Moore always keeping it real!



MIZZ MONIQUE MOORE

MIZZMONIQUE74@AOL.COM

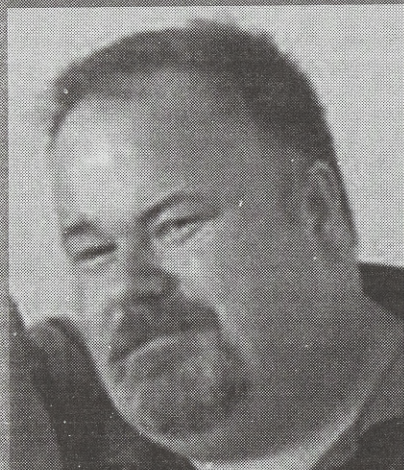
**KEEPING IT REAL
WITH MIZZ
MONIQUE MOORE**

PHOTOS: ABOVE LEFT: MONIQUE MOORE'S TALENT SEARCH JUDGES CHRISTIAN, GARRET REED, DANIELLE, MATT AND RYAN; FAR LEFT SECOND PLACE WINNER JANET; MIDDLE: MONIQUE PERFORMING AS TINA TURNER AT THE DRAGALICIOUS SHOW; LEFT BELOW: MONIQUE WITH COMPETITION WINNER SHANE

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MIZZMONIQUEMOORE



SWANNER & JUDD'S WORST OF 2008



TOM SWANNER HAS BEEN A FILM REVIEWER FOR 10+ YEARS. HE LIVES IN SACRAMENTO WITH HIS 25-YEAR-OLD BOYFRIEND SEAN AND THEIR GROSSLY OBESE DAUGHTER (READ DOG) "HONEY".



BRIAN JUDD HAS BEEN A FILM REVIEWER FOR 6 YEARS. HE LIVES IN SMALL APARTMENT WHERE A PORTRAIT OF ANITA BRYANT HANGS OVER HIS BED SO HE CAN POINT AT HER AND LAUGH DAILY. HE IS ALONE AND BITTER AND LIKES IT THAT WAY.

SWANNER & JUDD

SWANNERANDJUDD.COM

Swanner: I actually found it hard to come up with a worse list — I loved so much this year but I'm doing my best to build the worst. Love Guru does stand out as one of the worst movies without question. Mike Myers must have thought this Guru character was going to be funny but in reality it wasn't funny or even charming. Most of the jokes fall flat and with the exception of another good performance from Justin Timberlake the movie sucked. I'll find myself going back and re-watching movies that I hated, just to make sure they were really THAT bad, but I have no interest in seeing this ever again.

Judd: I remember being incredibly frustrated this year, but when I went back to look at what came out in 2008 there weren't that many bad movies, but the movies that were bad were really, really, bad. I agree The Love Guru was that bad. Another addition to the "actors whom ought to be stopped" is Adam Sandler in You Don't Mess with the Zohan. Zohan was Sandler's attempt to address Israeli-Palestinian relations in a comedic manner by playing a well endowed Israeli soldier turned hairdresser who screws his old lady

clients. Maybe if they showed the movie to the Jews and the Palestinians, instead of hating each other they could hate the movie together.

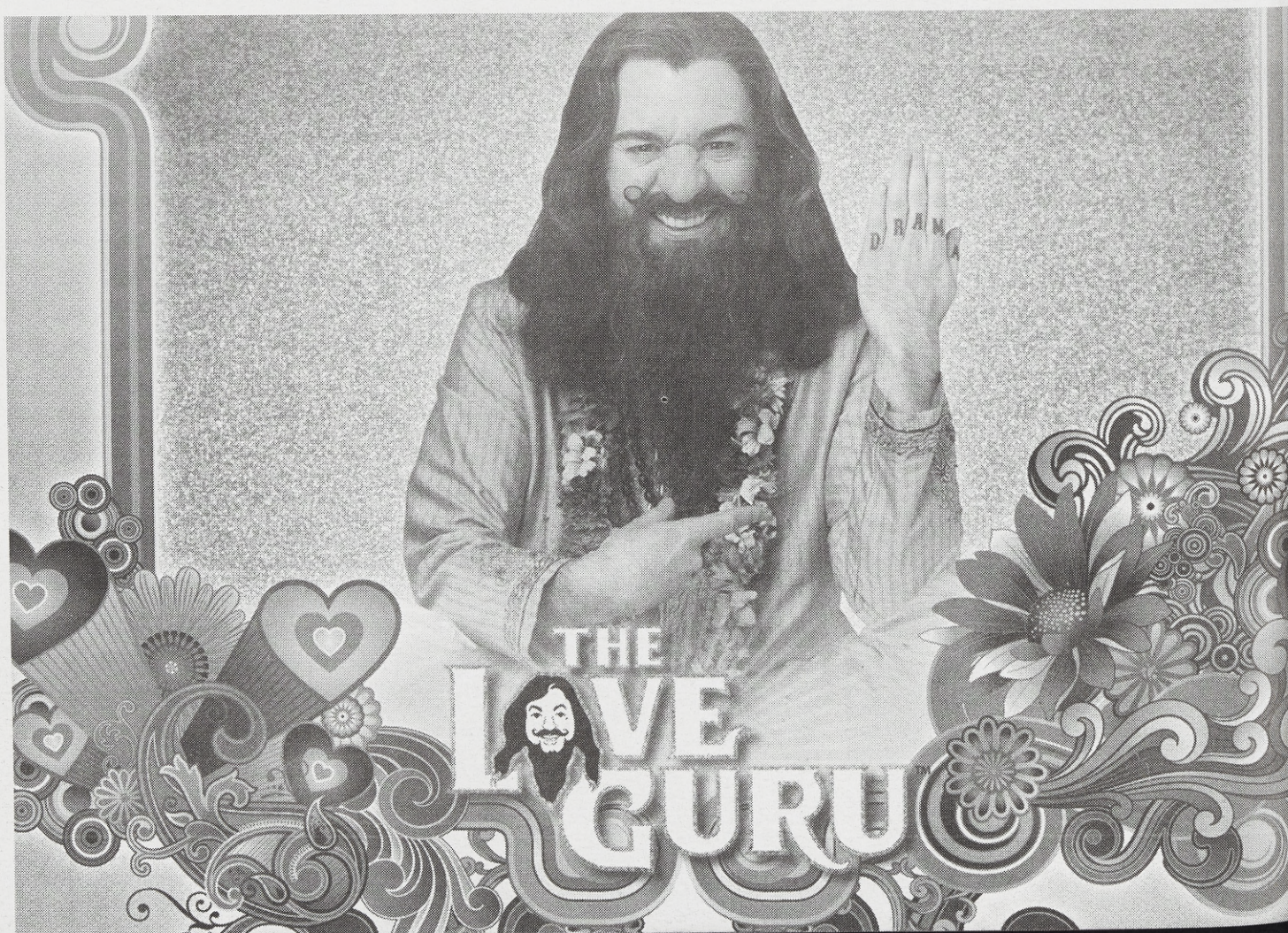
Swanner: Look at you trying to keep the peace in the Middle East. One movie that Brian missed (luckily for him) was Jumper. This is a movie about a young man who can jump from one place to another...just by thinking about it hard enough. I know I was wishing for the same abilities while I was sitting in the theatre. The premise was good but the movie was not. The movie was so full of plot holes and another awful performance by Hayden Christensen (stop letting him star in movies). In the last five minutes of this movie they throw in a plot twist that NO ONE cared about which hints that there will be a sequel. That's the part I cared about...just say NO to sequels.

Judd: My most hated action film this year was Cloverfield. Godzilla meets Blair Witch Project. This movie follows a small group of yuppie Manhattanites though the city as it's being attacked by a creature from outer space. The movie was shot entirely by frantic handi-cam which didn't induce fear as much as it did nausea. The story is more about

a separated young couple than it was about the monster, though the idea of the monster is continually built up throughout the movie. When we finally see the movie, it's a fast and blurry shot reminiscent of Sasquatch footage.

Swanner: Boy are you strict...I liked the movie. I thought it was kind of cool. What wasn't cool was the latest BAD movie from director Michel Gondry. Be Kind Rewind was so hard to sit through... I'd try and explain it but its so ridiculous I don't know how more than to say it's about two idiots who re-shoot classic films to replace the video store collection that was accidentally erase. Jack Black and Mos Def star as the idiot. I had to sit through last years crappy movie (The Science Of Sleep) and if 2009 offers another movie, Brian will be seeing it alone.

Judd: Michel Gondry, BOO! I want to like his movies, but he's a crap writer. He's obsessed with psychotic morons. I think if he were to direct something he didn't write, he could make a really good movie. Another person who shouldn't write and direct is Ben Stiller. Tropic Thunder was one of the most infuriating, obnoxious, stupid, unfunny



"offensive" comedies I've seen. Full of dumb slapstick and stupid bits, this movie had to be the most over hyped piece of garbage to come out this year. Mr. Stiller, just because you're being offensive (by who's standards, I don't know) doesn't excuse you from being clever, which you definitely are not.

Swanner: I hate to disagree with you... again but Tropic Thunder (although Ben Stiller is horrible as always) a pretty good movie. It does to war movies what Shaun of the Dead did to zombie movies...it makes fun but still offers a really storyline that isn't just a bunch of pop culture rip-offs like my next movie/movies Meet The Spartans/Disaster Movie/Superhero Movie. Why are these movies still being made? They aren't funny. The audience I saw these movies with weren't having a good time. They may pull off a laugh

now and then but for the most part the audience looked like they were just shot up with OxyContin. Stop making these movies! It's nice that the folks from Mad TV are getting work but they are far too talented to be doing this schlock.

Judd: OxyContin is also known as Hillbilly Heroine and speaking of hillbillies, another awful movie released in 2008 was Kevin Costner's Swing Vote. A horrifying movie about how the presidency comes down to the lone vote of an unemployed, alcoholic, uneducated, trailer trash, single father. Did I mention this was a comedy? Every scene opened with Costner being waken out of a stupor by his daughter, and yet the media turns him into a hero. The movie upset me within the first 15 minutes when the County Clerk didn't "accidentally" lose his vote, and it's all

downhill from there.

Swanner: Man are you wrong this year. Swing Vote was better than what you're saying...sort of. Anyway, my least favorite movie was Hancock, The story of a homeless superhero. At least that's what was promised in the preview and delivered in the first 20 minutes of the movie. Suddenly the movie turns into a strange movie about how superheroes are like titans and Will Smith and Charlize Theron are the last of their race. After that I have no idea what was happening mostly because I was pissed that I was misled to think I was seeing a different movie. I didn't even know Theron was in the movie till she showed up on screen.

Judd: I'm not wrong; you're picking the obvious choices. I'm helping our readers avoid the ones that they might

stop and think about renting. My final choice for Worst of 2008 was First Sunday – which really isn't a fair choice on my part, because the movie was released in January – bad sign #1, and starred Ice Cube and Tracy Morgan—bad signs #2 and #3. So there, my one obvious choice. Of course, I'm sure now you're going to tell me how good it was.

Swanner: No I'm not...it was on my list too. Once I got started I was able to actually find a few more awful movies. Fool's Gold was crap. Star Wars: Clone Wars was just a long Saturday morning cartoon that is nothing more than another chance for George Lucas to make more money regurgitating his one good idea. Finally, The Ruins sucked and X-Files is dead and I no longer want to believe.



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Strictly speaking our country is in the midst of an obesity epidemic and health crisis. The gay community has not escaped this culture of overeating, food binges, and being generally under active. Although only each of us can truly control our food intake and activity level, we are constantly bombarded with high calorie food choices. In addition, most of us have jobs that require little more than arm or mind movement for most of the days which makes calorie burning and body circulation minimal.

Keep in mind that one good way to take a stance in our community and fight against bigotry, intolerance, and frank discrimination is to stay active, well and healthy. To favor our current plight of ensuring equality, and to further help our legacy of being well and strong as a community we need to take care of ourselves and help our fellow gays take care of themselves as well.

Our proposals for helping to stay active, healthy, mobile and ultimately happy, encourage fitness and nutrition guidelines and moderations. Consider the following in the new year and beyond:

Each of these alternatives will save you 100-300 calories.

1. Skip the AM muffin or scone at the coffee shop, instead eat oatmeal and berries.
2. Decrease the size of YOUR coffee drink choice.
3. Use salad dressing that you can see through (olive oil/balsamic) and order it on the side *(use fork dip method)
4. Have your favorite restaurant meal sans

cheese and sour cream.

5. Skip the mayonnaise, use natural mustard or salsa instead.

6. Use a whole grain bread (with fiber) instead of a white roll or sourdough.

7. Bring your own lunch to work most days instead of going out.

Put a new spring in your step:

1. Take a 25-45 minute walk after dinner
2. Walk during your lunch break instead of going out to eat.
3. Park a block or two away from your destination each time you park.
4. Ride your bike to meet friends for coffee or dinner, instead of driving.
5. Try an active date with your sig other like a hike, bike ride.
6. Plan a picnic lunch /dog walk with friends instead of a large meal out.
7. Decrease the alcohol drinks. Decrease the alcohol drinks by at least one.
8. Watch less TV, but when you do, try sit-ups or pushups during breaks.

Advocating on our own behalf includes us making healthier, better choices with food and activity. Our argument is that with a better level of fitness of body and mind we can go the distance.

If you need guidance and motivation call the professionals at Urban Fitness to set you up on a fitness/nutrition program!! Our Best to you and your family in the new year!

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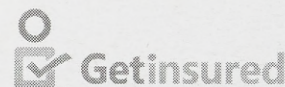
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MONDAVI CENTER BRINGS STATE BALLET THEATRE OF RUSSIA AND SACRAMENTO PHILHARMONIC TO JACKSON HALL FOR ENCHANTING "CINDERELLA"

MONDAVIARTS.ORG

The Robert and Margrit Mondavi Center for the Performing Arts, UC Davis, has engaged the Sacramento Philharmonic Orchestra to accompany the State Ballet Theatre of Russia's presentation of "Cinderella" on Friday, Feb. 6, at 8 p.m.

Featuring the much-loved musical score by Sergei Prokofiev and choreography by Vladimir Vasiliev, this lavish, unforgettable production will bring the timeless fairy tale to life on the Jackson Hall stage.

There will be a Pre performance Lecture with Ruth Rosenberg, Mondavi Center dance consultant, beginning at 7 p.m. in the AGR Room of the Buehler Alumni and Visitors Center, adjacent to the Mondavi Center on the UC Davis campus.

Pricing is \$55/\$45/\$35 for regular tickets and \$27.50/22.50/17.50 for students and children. Purchase tickets online at MondaviArts.org, through the Mondavi Center box office at 530-754-2787 or 866-754-2787 (toll-free), or at the door. Accommodations for persons with disabilities are available upon request.

The Sacramento Philharmonic, formed in 1997 following the dissolution of the Sacramento Symphony Orchestra, has blossomed under the leadership of music director Michael Morgan, who joined in 1999.

The 69-member ensemble performs its subscription concerts in the Sacramento Community Center Theatre and presents Signature Series concerts at various

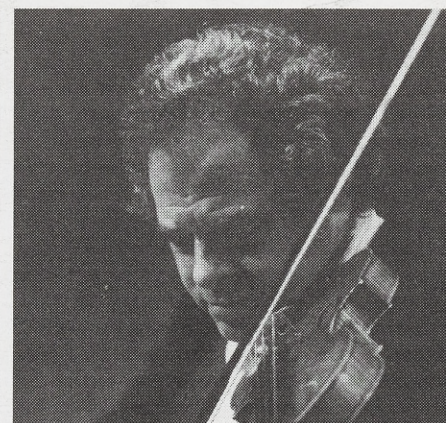
venues around the Sacramento area. While the Sacramento Philharmonic has given several concerts at the Mondavi Center, the "Cinderella" event marks the orchestra's first performance presented by the Mondavi Center, as well as its first with a ballet company.

The State Ballet Theatre of Russia is the touring name of the Voronezh State Theatre of Opera and Ballet, established in 1961.

The company has toured with productions of traditional Russian classics throughout Europe, India, and Africa, and made its North American debut tour during the 2006-07 artistic season. "The New York Times," reviewing the company's performance of "Cinderella," called the production "full of enchantment" with "lovely scenery" and "graceful costumes."

"It was always our intention to offer this 'Cinderella' with a 'live' orchestra, and we are very pleased to have been able to engage the services of the Sacramento Philharmonic," said Don Roth, Mondavi Center executive director. "We look forward to an outstanding ballet from the State Ballet Theatre of Russia and a great musical performance from the Sacramento Philharmonic."

For more information visit sacphil.org or MondaviArts.org



Undeniably the reigning virtuoso of the violin, Itzhak Perlman enjoys superstar status rarely afforded a classical musician. He marks an important milestone during the 2008-2009 season: he will celebrate the 50th anniversary of his American debut. President Reagan granted him a "Medal of Liberty" in 1986, and President Clinton awarded him the "National Medal of Arts" in December 2000. In December 2003, he was a Kennedy Center Honoree. In May 2007, he performed at the State Dinner for Her Majesty The Queen and His Royal Highness The Duke of Edinburgh, hosted by President George W. Bush and Mrs. Bush at the White House. Pearlman will perform at the Mondavi Center Feb. 24, 2009.



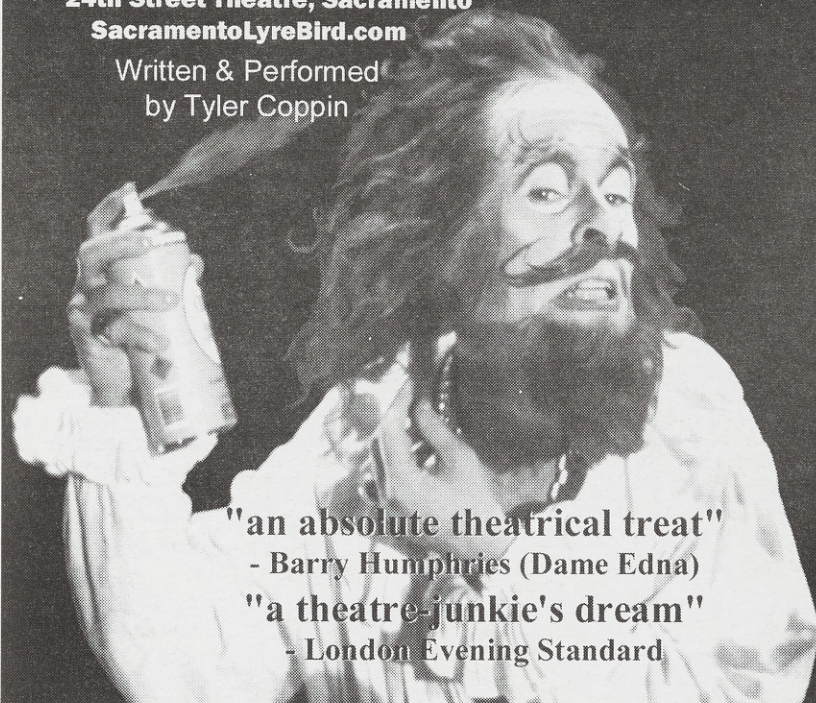
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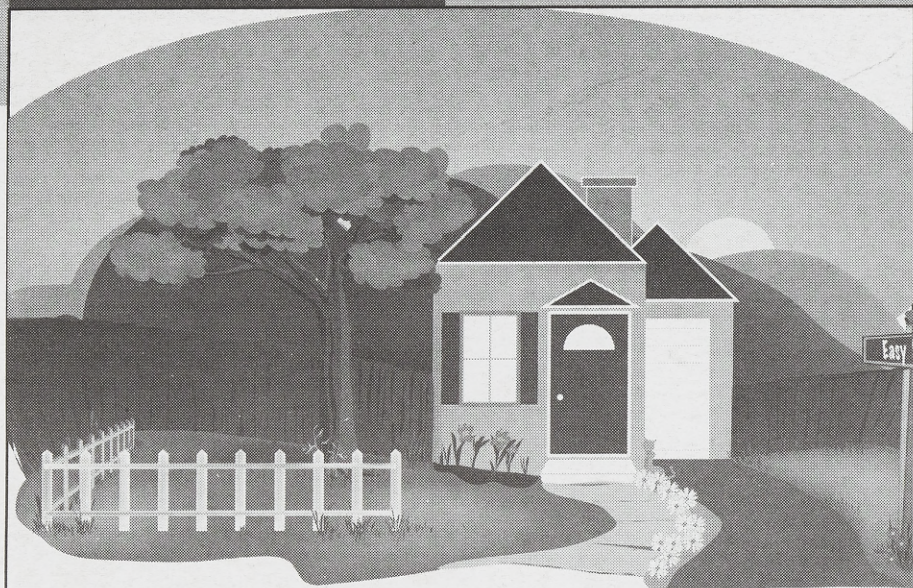
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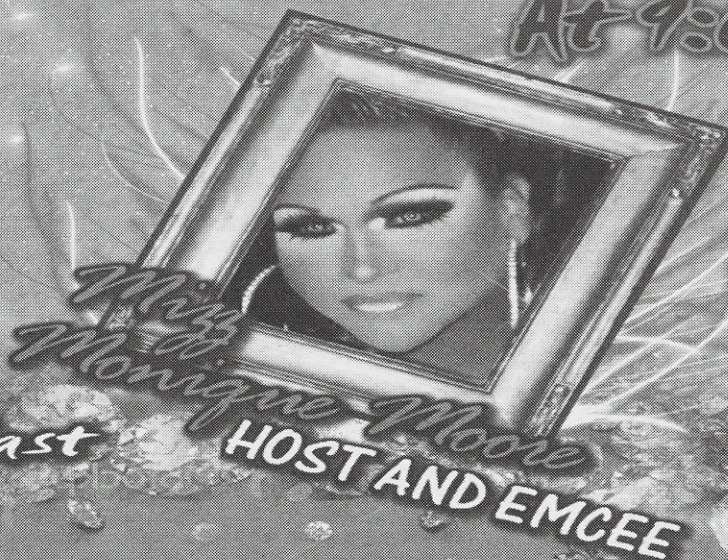
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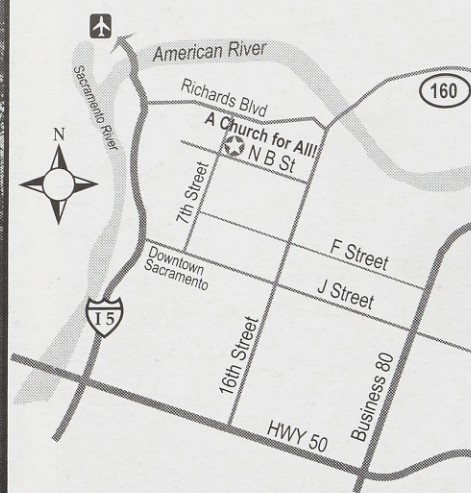
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THE NEW FACE OF MCC!

Black people, white people, Latinos, young people, old people; Mohawks, dreadlocks, perms, and fades; butches, femmes, trans, and straights; piercings, jeans, and suits! What kind of church is this? Located in a warehouse nestled on the corner of B and 7th, an unlikely neighborhood for anything spiritual; What kind of church is this? I park my car and wandered inside to a foyer filled with people some coming some going. I look around for a familiar face. Suddenly the music starts... slow rhythmic, wooing me, calling me, soothing me, and lulling me into an open space. I feel myself letting my guards down.

I look around. Eyes are closed, some with tears streaming, bodies rocking, hands waving. "This is the air I breathe", everybody singing in concert. There's a pause... words of inspiration belted out by the minister, or worship leader, I can't tell which. No collar, no robes, dressed in jeans, I'm not sure who or what they are. But the word, the message, is speaking to me, to my heart. I'm in now; I'm in the flow.

Suddenly the music changes, now it's up beat charismatic; drums are beating; the organ is shrill, the keyboard dancing; in fact everybody's dancing, the electric slide, the bump, crump. Oh my God - What kind of church is this? The ministers are preaching and singing all at the same time. People are giving each other high fives, and laughing. They stop to greet each other. There's a love in the atmosphere I've only rarely experienced. People are smiling... the praise team is singing, "Welcome to A Church For All ... Feel God's Spirit from wall to wall... It doesn't matter if you're short or tall... Welcome to A Church For All".

A Church For All (ACFA) once thought to be a pilot project in diversity began January 2007 and held its first worship service on Easter 2007 at the Sierra 2 Community Center near downtown Sacramento. In response to the demand for more, ACFA hosted a once a month Sunday worship service out of Club 21, donated by Terry Sidie, owner of Faces and Headhunter's in the heart of "Gay Mecca", Midtown Sacramento. When Club 21 was rumored to have been sold, ACFA wanted to remain consistent with the mission to provide an urban, eclectic, worship experience rich in diversity and powerful gospel music to midtown area. It was then that ACFA opted to move into its current location at 7th & B Street.

ACFA is open to all people, regardless of their sexual orientation, race, ethnicity, economic status, abilities, or spiritual predilections. Its motto, "bridging the gap", expresses ACFA's desire to connect unlikely groups of people, allowing them to benefit from the richness of their differences. But what really makes ACFA a unique worship experience is its outstanding rhythmic contemporary gospel style of music. Nowhere else will you find an open and affirming environment with the type of musical talent found at ACFA. Rev. Charles Cooper, Pastor of Creative Arts and Worship is also an accomplished musical director and song writer. He has received many awards for his contributions to the community and is the resident music director for Images Theatre. The Senior Pastor, Rev. Doretha Flournoy, also an experienced worship leader, offers a unique charismatic message seasoned

by years of training and experienced as a community activist and therapist. Pastor Dor believes that church should be on the cutting edge. At the forefront of people lives offering solutions for today's problems, providing tools for daily living making it possible for its members to experience prosperity, success, healthy relationships, love, and individual growth. ACFA's vision is to become a model for diversity, change, service, and spiritual enlightenment for all of Sacramento's community.

Although ACFA is new, the vision for a safe diverse spiritual community is not new to Sacramento. This vision began over 35 years ago with the first Metropolitan Community Church of Sacramento. Rev. Elder Freda Smith, a spiritual icon in the LGBT community, mentored both Rev. Cooper and Flournoy, also ordained clergy of Metropolitan Community Church (MCC). Both served on the staff of MCC Sacramento and discussed the need to establish a church focused on providing more diversity in worship for Sacramento's rapidly growing ethnically diverse community. Upon Freda Smith's retirement, Flournoy and Cooper were given her blessing to start a fresh new ministry.

Metropolitan Community Church is often thought of as a church that predominantly reflects the worship style of white America. MCC recognized the need to provide a safe worship experience for people of color and others whose needs have not been met through the traditional church experience. ACFA was commissioned as a pilot to establish a model of worship that would be intimate and yet engaging, reflecting the cultural and spiritual needs of people who value diversity and change. The development of any model promoting diversity and inclusion is a difficult task. To assist ACFA in meeting the cultural needs of the congregation, ACFA will also affiliate with The Fellowship under Bishop Yvette Flunder to mentor ACFA in its efforts to address the cultural needs of a diverse spiritual community.

Today, ACFA is considered the new face of MCC and is the only MCC recognized church in Sacramento. In fact, on January 25th ACFA will celebrate its acceptance into MCC as a full service church with a special service. Rev. Elder Darlene Garner, Vice Moderator of Metropolitan Community Church, Rev. Elder Ken Martin, Region 1 Elder, Rev. Elder Freda Smith, and other MCC churches in Northern California will come together in a powerful celebration to welcome ACFA into MCC. This service will reflect the vision of ACFA to break barriers of traditional church through music and the arts.



REV. DORETHA WILLIAMS-FLOURNOY, AND REV. CHARLES COOPER OF A CHURCH FOR ALL

Artists in the area of spoken word, hip hop, jazz, and gospel will be on hand to participate in a powerful worship experience. This is not your traditional church! This event is intended to set the direction and intention of ACFA to be innovative and responsive to the diverse needs of people in this community.

The special service starts at 2pm. If you're looking for a cutting edge ministry steeped in gospel music where people from all backgrounds come together in freedom to sing, dance, worship, and grow - check out A Church For All.

A Church For All is located at 721 North B Street in Sacramento CA. For more information and meeting times visit achurchforall.org on the web.

I want to convince my high school to go green. What would it cost for a school to switch to all recycled paper products and all energy efficient lighting?

Greening your school is a great idea. It will not only benefit the environment but the student body as well. According to the "Greening America's Schools" report, sponsored in part by the non-profit U.S. Green Building Council (USGBC), green buildings provide a better study and learning environment for students. Improved lighting, air quality and acoustics are estimated to improve learning abilities and test scores by as much as five percent. And what better way to teach young people about the importance of environmental stewardship than starting right in the schools where they spend the majority of every weekday?

Since every school is different, there is no universal formula for calculating how much money going green will cost. Switching over to recycled paper, for instance, will not necessarily be cheap. A recent spot-check at a national office supply chain showed that the price for a ream (500 sheets) of 30 percent recycled copy paper was 20 percent higher than a ream with no recycled content. If you chose 100 percent recycled content, you would pay 35 percent more per ream. But prices can vary widely depending upon where you buy paper, and bulk purchasers like schools may be able to negotiate much better prices.

The best way to offset the added costs of switching to recycled paper is to cut paper usage at the same time. Start a program to educate students about how they can reduce paper waste by printing on both sides of a sheet and by not printing as many drafts, for example. You can also encourage your school to switch to e-newsletters instead of paper ones and find other ways to reduce administrative paper use.

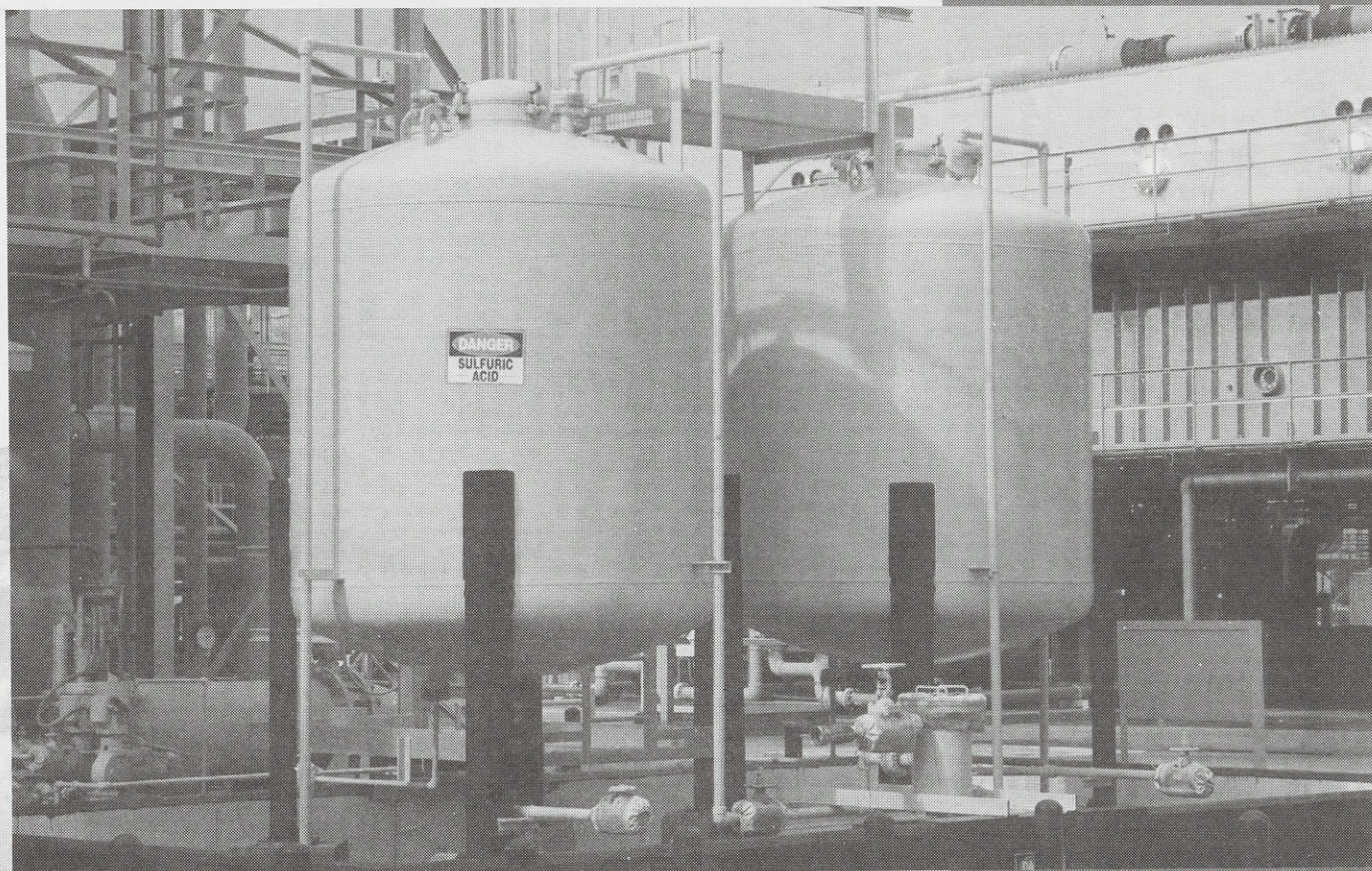
Switching to recycled paper is definitely a big win for the environment. The Natural Resources Defense Council (NRDC) reports that 40 cases of 30 percent recycled copy paper (400 reams) will save more than seven trees, 2,100 gallons of water, 1,230 kilowatt-hours of electricity and 18 pounds of air pollution.

You can calculate this impact for your school. Ask your school purchaser how much printer/copier paper is purchased, and calculate its weight in pounds or tons. Then go to the Environmental Defense Fund's online Paper Calculator. Enter the weight and type of paper you use and you can determine the amount of wood, energy, water, solid waste and greenhouse gas emissions you'll save by switching to recycled.

As for lighting, many schools already use a lot of fluorescent lighting. If your school still uses incandescent bulbs, consider that for every 60-watt incandescent bulb switched to a 13-watt compact fluorescent, the school could save 75 percent in energy use—an average of \$45 over the life of each bulb.

Ambitious schools can also put in occupancy sensors that turn lights off when rooms are vacant, or install task lighting to further reduce energy usage. Such add-ons might seem like luxuries for already strapped schools, but it just may be worthwhile anyway given the energy that can be saved and the lessons learned.

CONTACTS: EnergyStar, energystar.



gov; U.S. Green Building Council, usgbc.org; Natural Resources Defense Council, nrdc.org; Green Schools Initiative, greenschools.net; Environmental Defense Fund's Paper Calculator, papercalculator.org.

With all the talk of desalinization of ocean water for drinking, what do we know about the impacts this might have on climate, ocean salinity and other natural processes?

Due to its high cost, energy intensiveness and overall ecological footprint, most environmental advocates view desalinization (or desalination)—the conversion of salty ocean water into fresh water—as a last resort for providing fresh water to needy populations. Sourcing fresh water from streams, rivers, lakes and underground aquifers and adhering to strict water conservation measures are much more viable for both economic and environmental reasons in most situations, although some desert regions with thirsty and growing populations may not have many such options.

The relationship between desalinization and climate change is complex. Global warming has increased droughts around the world and turned formerly verdant landscapes into near deserts. Some long held fresh water sources are simply no longer reliably available to hundreds of millions of people around the world.

Meanwhile, expanding populations in desert areas are putting intense pressure on existing fresh water supplies, forcing communities to turn to desalinization as the most expedient way to satisfy their collective thirst. But the process of desalinization burns up many more fossil fuels than sourcing the equivalent amount of fresh water from fresh water bodies. As such, the very proliferation of desalinization plants around

the world—some 13,000 already supply fresh water in 120 nations, primarily in the Middle East, North Africa and Caribbean—is both a reaction to and one of many contributors to global warming.

Beyond the links to climate problems, marine biologists warn that widespread desalinization could take a heavy toll on ocean biodiversity; as such facilities' intake pipes essentially vacuum up and inadvertently kill millions of plankton, fish eggs, fish larvae and other microbial organisms that constitute the base layer of the marine food chain. And, according to Jeffrey Graham of the Scripps Institute of Oceanography's Center for Marine Biotechnology and Biomedicine, the salty sludge leftover after desalinization—for every gallon of freshwater produced, another gallon of doubly concentrated salt water must be disposed of—can wreak havoc on marine ecosystems if dumped willy-nilly offshore. "For some desalinization operations," says Graham, "it is thought that the disappearance of some organisms from discharge areas may be related to...the salty outflow."

Of course, as supplies of fresh water dwindle, the economic cost of desalinization—especially in coastal areas with easy access to ocean water—begins to look competitive with traditional water sourcing. To date there are about 300 desalinization plants in the United States, with 120 in Florida and less than 40 each in Texas and California. Some 20 additional plants are planned for the coast of California in the coming years, unless environmentalists extolling the virtues of conservation and wielding low-flow shower heads and toilets prevail.

CONTACT: Scripps' Center for Marine Biotechnology and Biomedicine, cmbb.ucsd.edu.

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GAYSACRAMENTO.ORG IS AN ALL-INCLUSIVE, INTERACTIVE INFORMATION AND RESOURCE HUB FOR LGBT SACRAMENTO.

THE SITE OFFERS A SPRING BOARD TO ALL OTHER LGBT WEBSITES IN SACRAMENTO AND KEEPS OUR COMMUNITY INFORMED ON THE LATEST NEWS AND EVENTS AND WHERE TO FIND THE COMMUNITY RESOURCES THEY NEED.

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BARS

Badlands Dance Bar: Mon - Sat 4pm to 2am, Sun 2pm to 2am, 2003 K St., 916.448.8790, sacbadlands.com

BoJangles: 18+, 1119 21st St. (Moving Next To Headhunters Soon)

Bolt Bar: Leather/Cowboy/Bear, Open 5pm-2am Mon - Fri, 2pm-2am Sat and Sun, 2560 Boxwood St., sacbolt.com

Club 21: 1119 21st St.

Depot Video Bar: 2001 K St., 916-441-6823, Mon - Fri 4pm - 2am, Sat and Sun 2pm - 2am, thedepot.net

FACES Nightclub: 2000 K St., 916-448-7798, faces.net

Mercantile Saloon: 1928 L St., 916.447-0792

Headhunters/ROK: Restaurant, Bar Service until 2am, 1930 K Street, headhunteronk.com

BUSINESS

Rainbow Chamber of Commerce: Business association promoting networking within the gay and lesbian business community and its supporters. rainbowchamber.com

Valley Rainbow Pages: A directory of GLBT-owned and GLBT-friendly businesses in the Greater Sacramento Valley. vrp.info

FAMILY

Camp it Up: (August 3-10) A family camp known for one-of-a-kind gay family vacations, we respect and celebrate all unique families. www.campitup.org

Camp Lavender Hill: A week-long summer camp for children, ages 9-14, of LGBT families. (2008 camp date has passed). camplavenderhill.org

Lesbian Families: A forum for Lesbian couples with

children. geocities.com/lesbianfamilies/index.html

Sacramento PFLAG: Promotes health and well-being of LGBT persons, families and friends. Meets the third Tues. of each month at 7:30pm, St. Mark's United Methodist Church, 2391 St. Mark's Way. 916-978-0410, pflagsacramento.org

FESTIVALS

Sacramento Pride: (June) Annual Pride celebration for Sacramento, hosted by the Sacramento Gay & Lesbian center. sacmentopride.org

Rainbow Festival: (Aug. 29 - 31, 2008) Annual LGBT street faire over Labor Day Weekend. Rainbow Festival is Run by CGNIE and takes place at 20th & K Sts. rainbowfestival.com

Sac. International Gay & Lesbian Film Festival: (Oct. 9-11, 2008) Annual LGBT film festival takes place over 5 days. siglff.org

Sac. Earth Day: Annual Festival coordinated by Environmental Council of Sacramento (ECOS), 909 12th Street, Suite 100, 916-444-0022, sacramentoearthday.net

GALLERIES

Crocker Art Museum: The longest continuously operating art museum in the West founded 1885. crockerartmuseum.org

Kennedy Gallery: 2110 K St. Tues.-Sat. Noon to 6pm and by Appointment. mmkgallery.com

HIV | AIDS

Breaking Barriers: Provides a wide range of services for people living with HIV. 2200 21st St., 916-447-2437, breakingbarriers-sacramento.org

Capital City AIDS Fund: Raises money for HIV/AIDS services in the Sac. area. CCAF's activities include Oscar® Night (Feb. 22, 2009),

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NorCal AIDS Challenge (May 15-18, 2009), and Sacramento Valley AIDS Run Walk (Sept. 14, 2008). capcityaidsfund.org

CARES: HIV/AIDS health clinic, outreach, education and prevention. Free, rapid HIV testing M-F 9 am to 5 pm. 1500 21st St., 916-443-3299, caresclinic.org

Golden Rule Services: A minority based organization that resolves health, education, employment and criminal justice disparities in People of Color communities through culturally competent programs and resources. 4433 Florin Road, Suite 760. 916-427-GOLD, goldenrules.info

NorCal AIDS Challenge: (May 15-18, 2009) A 4-day, 330 mile bike ride to raise funds and awareness for HIV/AIDS norcalaidschallenge.net

Sacramento Valley AIDS Run/Walk: Sept. 14, 2008. 916-448-1110, sacvalleyaidsrunwalk.org

Sac. Valley Pozabilities: HIV+ social group. sacvalleypozabilities@yahoo.com, PO Box 161871, Sacramento, CA 95816-1871

Sierra Hope: Provides support for people with HIV & AIDS. Sierra HOPE, 1168 Booster Way, P.O. Box 159, Angels Camp, CA, 95222, 209.736.6792, sierrahope.org

Sunburst Projects: Providing support to families with children who are living with HIV/AIDS. 1025 19th Street, Suite 1A, 916-440-0889, sunburstprojects.org

IMPERIAL COURT

Court Of The Great Northwestern Imperial Empire (CGNIE): Parent organization for Sacramento's Court, La Kish Hayworth Memorial Fund, Fairy Godfathers' Fund and Rainbow Festival. myspace.com/cgnie

LAW | POLITICS

Lambda Letters: Urges elected officials to enact and support legislation that promotes social, economic, and human rights for the LGBT community; people affected by HIV/AIDS; people of color; women; and people of low economic status. lambdaletters.org

SAC Legal: Association of attorneys, legal professionals, and legislative advocates, affiliated with the Sacramento County Bar Assoc. that promotes equality the LGBT community. saclegal.org

California Capital Political Action Committee (CAP/PAC): A non-partisan, political action committee formed to provide a voice for the LGBT community in the political process. cappac.net

Green Party of Sacramento County: P.O. Box 2082, Sacramento, CA 95812, 916-484-4000, sacgreens.org

Libertarian Party of Sac.: P.O. Box 3003, Orangevale, CA 95662, lpsacramento.com

Log Cabin Republicans:

logcabin.org/logcabinca/sacramento_chapter.html

Stonewall Democrats of Sac.: Helping elect qualified, openly LGBT people and Democratic candidates who support equal rights for LGBT. P O Box 161623 Sacramento, CA 95816-1623, 916-441-1787, sacstonewall.org

MARRIAGE - PENDING

Sacramento County Clerk Recorders Office, 600 8th St @ F St., ccr.saccounty.net

NEW MEDIA

Being Gay Today: Sacramento's oldest, still-running GLBT TV show. Comcast Cable. Access Sac, channel 17. Thurs. 10pm, Now on myspace and youtube. beinggaytoday.com

Checkered Nation Video Show: A gay-focused internet chat show in and around Sacramento. checkerednation.com

Transponder Radio: Internet radio show covering many transgender issues. transponder.com

PERFORMANCE

A Small Difference Women's Choral Ensemble: Women, under the direction of Sage Brown, dedicated to performing music with a message. smalldifference.org

Sac. Gay Men's Chorus: Produces up to three concerts a year, and performs throughout the year at events in and around Sacramento. sgmchorus.org

Sacramento DanceSport: The Largest Same-Sex Dance Program in the United States. Classes, performances and competition. sacdancesport.com

True Colors Women's Chorus: Women building a community through their love of music. 877-758-7827, truecolorschorus.org

RELIGION

A Church For All: Fosters an all encompassing spiritual community. 721 North B Street, Sacramento, CA, 95816-2073, 916-502-5603, spirit@achurchforall.org

Atheists and Other Freethinkers: Promoting the civic understanding and acceptance of atheism in our community. aofonline.org

Atonement Lutheran: Welcomes all people, regardless of race, language, previous denominational affiliation, gender, or sexual orientation. at-one.org

Grove of the Oak: An eclectic group of Druids, Wiccans, and other Pagans who gather twice a month and on the eight annual Celtic seasonal festivals, to share community, perform ritual, create magic, and support each other in our chosen earth-honoring pagan paths. groveoftheoak.org

Lutheran Church of Our Redeemer: LGBT affirming and supports the Lutheran Lesbian & Gay Ministries. lorsac.org

Pioneer Congregational Church: LGBT open and affirming. 2700 L Street, 916-443-3727, uccwebsites.net/pioneercongsacramentoca.html

St. Mark's United Methodist Church: A Christian community welcoming a diverse congregation. stmarksucm.com

St. Paul's Episcopal Church: A Christian community that embraces one and all to worship together at God's table. 1430 J Street, 916.446.2620, stpaulssacramento.org

Trinity Episcopal Cathedral: LGBT affirming. Christian worship, life and ministry. 2620 Capitol Ave., 916-446-2513, trinitycathedral.org

Valley Ministries: Existing to communicate God's love and accept all people. 4118 Coronado Ave, Stockton. 209-464-5244, valleyministries.com

Westminster Church Sacramento: A community of faith accepting all people solely on the basis of their affirmation of faith in Jesus Christ. westminsac.org

RESOURCES

GaySacramento.org: Interactive online resource for LGBT Sac. news, events and community resources. gaysacramento.org

Lavender Library: Serves the LGBT community as a lending library and archives as well as houses LGBT activities. Loans books, periodicals, DVDs (general and erotica), to members. lavenderlibrary.org

outsacramento.com: Internet links, photos, message board and news for LGBT Sacramento. outsacramento.com

Sac. Gay & Lesbian Center: Serving the LGBT of Greater Sacramento and surrounding counties, providing facilitated discussion groups for LGBT youth and adults, counseling, legal services, HIV prevention and education services and programs for LGBT seniors, families and people living with HIV/AIDS. saccenter.org

SENIORS

Senior Gays: A resource for the senior LGBT and friendly community. SeniorGays.org

SOCIAL GROUPS

Capital City Squares: A square dance club for LGBT people who want to learn and enjoy Modern Western Square Dancing. iagsdc.org/capitalcity

Males Au Naturel Sacramento (MANS) - A gay/bi male naturist organization for men who enjoy social naturism in positive. groups.yahoo.com/group/malesaunaturesacramento
Natomas LGBTQ: A group to connect Natomas area queers for in-person social activities. An alternative to the bar scene. natomaslgbtq.wordpress.com

Sac Woof Society: A social group for bears and bear lovers. sacwoofsociety.net

Gay Men's Book Group: A literary group for Sac. gay men. Meets once a month (usually 3rd Wednesday). groups.yahoo.com/group/sacgaybookgroup

Pink Pistols - LGBT group with an interest in shooting sports and self defense. pinkpistols.org/local/sacramento

Sacramento Professional Men's Group: Alternative lifestyle men who get together for networking and social gatherings with other professional men. groups.yahoo.com/group/SacramentoProfessionalMensGroup

Sac. Valley Bears: A social and charitable organization providing bears and bear admirers. sacvalleybears.org

Sac. Valley Knights: Northern California motorcycle club whose membership consists solely of those who own and ride motorcycles. valleyknights.org

Sac. Valley LeatherCorps: Gay men's and women's organization seeking to educate and mentor members of the Leather/BDSM communities through classes and other club activities. svclub.org

SPORTS

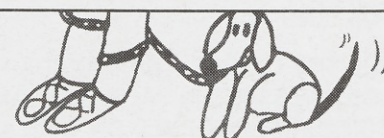
CHEER Sacramento: Volunteer cheerleading squad now cheering at games for West Sacramento Wolverines. cheersacramento.org

Frontrunners of Sacramento: Social group inclusive of all types, sizes, dispositions, and levels of activities with running and running events as a main focus. frsac.org

Gay & Lesbian Sierrans: Lesbians and gay men who enjoy outdoor adventures and camaraderie. motherlode.sierraclub.org/gls

Gay Sport Bike Riders of Sacramento - Gay sport bike enthusiasts who meet, post rides and related links. Serious enthusiasts 18+ are welcome. autos.groups.yahoo.com/group/SAC_GSR

River City Bowlers: Gay and Lesbian Bowling league. Winter league runs from Sept.-May and averages 22 teams per season. Summer league lasts 12-13 weeks beginning in June.



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rivercitybowlers.homestead.com/about.html

Sac. Capital Crossroads Gay Rodeo Association (SCCGRA): Sacramento's gay rodeo chapter. capitalcrossroads.org

Sacred City Derby Girls (SCDG): Sacramento Women's Roller Derby team. sacredcityderbygirls.com

THEATRE | FILM

Lambda Players: LGBT theatre company now in its 19th Season. 1028 R Street, 916-444-8229, lambdaplayers.com

24th Street Theatre: Hosts Runaway Stage which does musicals and larger well-known plays. Facilities for large meetings, lectures, film screenings and performances Sierra 2 Center, 2791 24th Street, 916-452-3005, sierra2.org

Sacramento Theatre Company: Professionally produced contemporary and traditional theatrical works. 1419 H Street, Box Office: 888-4-STC-TIX, sactheatre.org

Capital Stage - Capital Stage, Delta King: 1000 Front Street, www.capstage.org

The B Street Theatre - 2711 B St., 916-443-5300, bstreettheatre.org

Mondavi Center - 530-754-ARTS, One Shields Ave. Davis, mondaviarts.org
Shiny Object: Weekly showings of independent films and Rocky Horror Picture Show. 600 4th St. West Sacramento, shiny-object.com

The Crest Theatre: 1013 K St., 916-44-CREST. Shows independent and GLBT films. Often hosts Sacramento Gay & Lesbian Film Festival. thecrest.com

TRANS SUPPORT

Sac. Gay & Lesbian Center Trans Support: Counseling services available for transgender people. 916-442-0185, Ext. 102. 1927 L St., saccenter.org

Kings of Drag: Performance troupe of women dressing in male drag. kingsofdrag.com

Sac. Gender Alliance: Provides recreational and educational needs of the trans community, their spouses, family members and related professionals. 916-442-0185, Ext. 141, saccenter.org

Sigma Delta Gamma "Sac. Delta Girls": A chapter of Tri-Ess, an educational, social and support group for heterosexual cross-dressers, their spouses or partners and their families. 916-359-2328, geocities.com/Sigma_Delta_Gamma

WOMEN

Adventure Out Women: Business networking, social activities, special events and recreational adventures throughout California year-round. adventureoutwomen.com

Lesbian Cancer Support: Meets third Monday of each month at 6:30pm. Bring partners or support people with you. ROXANNE1040@aol.com

Rainbow Womyn (Sac.): Online social group for Womyn. groups.msn.com/RainbowWomynofSacramentoCA

Sac NOW: Feminist news, actions, and opportunities. Meets monthly on the 3rd Thurs., 7pm, at the Hart Senior Center at 915 27th Street (27th & J St.). sacnow.org

Sacto Girls: Lesbian social group for women in the Sacramento and surrounding areas. members.aol.com/sactogirls/index.html

Sisters of Scots Women's Motorcycle Club (SOSWMC): A tightknit sisterhood on women motorcycle riders who plan social events and raise funds for various charities. SOSWMC@hotmail.com, soswmc.org

Sac. Area Lesbian Health Resource Guide: A guide to help lesbians in the greater Sac. area identify and obtain services from providers who are sensitive to the

needs of lesbian, bi and trans women. saclesbianhealth.com

Single Lesbians of Sac.: A community of single lesbians in the Sac. area interested in meeting other lesbians for the purpose of dating. groups.msn.com/SingleLesbiansofSacramento

Women On Wednesdays: Social discussion/activity group meets each Weds. at the Gay & Lesbian Center, 1927 L St. 7-9pm. Open to lesbian, bi and trans women. saccenter.org

Womyn Over the Rainbow: A group open to lesbian womyn over the age of 40 for the purpose of building friendship. groups.msn.com/WomynOverTheRainbow

YOUTH

CSUS Pride Center: Open to Sac State LGBT students. Lassen Hall 3011, 6000 J Street, 916.278.8720, Email: pride@csus.edu, csus.edu/pride

Delta Lambda Phi: A non-secret, non-hazing, national social fraternity founded by gay men for all men. dlp.org/iota/DLP.htm

Lambda Delta Lambda: Queer-friendly Sisterhood/Sorority social network on campus, accepting of all social identities and backgrounds. dlucdavis.org/about.htm

Modesto LGBTQ Youth: GLBTQ Youth in Modesto and surrounding areas. mspace.com/lgbtqmodesto

Rainbow Club Of American River College: LGBT students on the American River Campus. geocities.com/arc_glbtcclub

Queer Straight Alliance CSUS: Social/Activist group on campus. mspace.com/queerstraightalliance

RESPECT Sacramento: A grassroots organization dedicated to creating safe schools for all sexual minority people in Sacramento area schools. Meets the second

Weds. of the month, 6:30pm at Lavender Library, 1414 21st St. 916-733-2135, RespectSacramento.org

Sac Youth Yahoo Group: Forum for LGBT and friendly youth under 21 years old. sacyouth.net groups.yahoo.com/group/sacyouth

City College LGBT Club: 3835 Freeport Boulevard, 916-558-2111 Advisor: Gayle Pitman, Behavioral & Social Sciences, PitmanG@scc.losrios.edu, wserver.scc.losrios.edu/~glbt/index.html

U.C. Davis LGBT Resource Center: Campus Center for LGBT students. 530-752-2452, lgbcenter.ucdavis.edu

REGIONAL

Amador County GLBTQQ Support Group: Amador County Mental Health - call Mary Pulskamp at 209-223-6412

Bear Watch of Yuba/Sutter & Nevada County: Social group for bear-type gay man, but is not restricted to just bears. bearwatch.us

Central Valley Stonewall Democratic Club: Helps elect qualified, openly LGBT people to public office, as well as Democratic Party candidates that support equal rights for the LGBT community. cvstonewall.org

Diversity R Us: Support group for Yuba City-Marysville GLBT. groups.yahoo.com/group/diversityrus

Foothill Lesbians and Gays Social Network (FLAG): An organization for the LGBT community in the Sierra Foothills of No. Cal. flagamador.webs.com

Gaysonoma.com: Online Guide to events, personals, gay businesses, community organizations, classifieds, for Sonoma County LGBT. gaysonoma.com

"If The Shoe Fits": Gay/lesbian organization in the Foothills of El Dorado County that provides social/recreational activities for members. itsfnews.org

Nevada County Pride: Social network of gays and lesbians in western Nevada County in California. nevadacountypride.org

Out In The Mother Lode: Social network for fun/support among the LGBT in the central sierra foothills. outinthemotherlode.org

PFLAG Sonoma/Mother Lode Chapter: Meets on the third Tuesday of Jan., Apr., July, and Oct., 6:30pm, at the Tuolumne County Library. Other events scheduled through the year. pflagsonora.org

Rainbow Frontier: A website for LGBT adults in rural/frontier areas of Northeastern California funded Plumas County Public Health Agency, 1-800-801-6330 or 530-283-6358, rainbowfrontier.org

Sierra Gay Men's Network: A newsletter & blog with news of importance the Gay Men and their friends in the Sierra Foothills of California. sgmn.org

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www.RainbowChamber.com

Sisters of Scots Foothills Chapter: Women's Motorcycle Club who rides mostly in the foothills. soswmcfoothills.org

Solano Pride Center: Support for LGBT of Solano County. Solano Pride Center, 1125 Missouri St., Ste. 203-D, Fairfield, CA 94533, 707-427-2356, solanopride.org

Stanislaus Pride Center: Resources and support for LGBT persons in Stanislaus and surrounding counties. stanpride.org

Stonewall Alliance of Chico: Services and support for LGBT people in Chico and surrounding areas. stonewallchico.org

Western Slope Men's Social Group: Online forum for gay/bi men on/near the Western Slope of the Sierra Nevada's (between Sac. and So. Lake Tahoe). groups.yahoo.com/group/WesternSlopeMensSocialGroup
Yuba-Sutter Unity: Social, education & community involvement. gayubasutter.com, groups.yahoo.com/group/Yuba-Sutter-Unity

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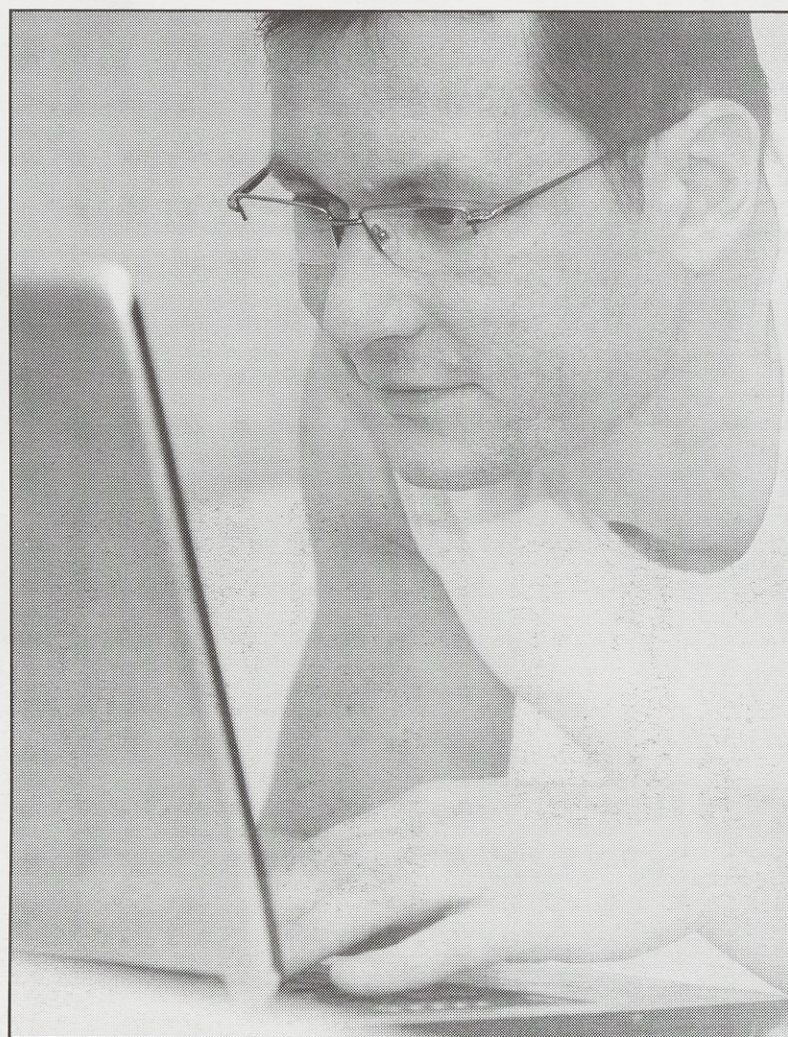
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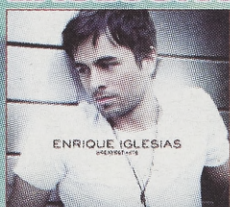
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SACRAMENTO VALLEY LEATHERCORPS 2009 INAUGURATION

Saturday, January 24, 2009

The BOLT is proud to host the inauguration of the Sacramento Valley Leathercorps 2009 OFFICERS AND BOARD MEMBERS! Gear up and join your favorite LEATHER FOLK! The ceremony starts at 8pm! **NO COVER!**

GEAR NIGHT

Friday, February 6, 2009

The Sacramento Valley Leathercorps and The BOLT present GEAR NIGHT the first Friday of every month, 8pm to midnight! Gear up and join us! We're looking for folks with leather/latex pants, chaps, vests, shirts, skin gear, uniforms, jackets, boots, harnesses - get the idea? BOOTBLACKING by boy dave! No speeches, no fundraising, and **NO COVER!**

EVERY WEEK AT THE BOLT

SUNDAYS

Beer Bust 3pm
Bike Night 8pm

WEDNESDAYS

Free Pizza 5pm

MONDAYS

Underwear Night 9pm

THURSDAYS

Movie Night 10pm

TUESDAYS

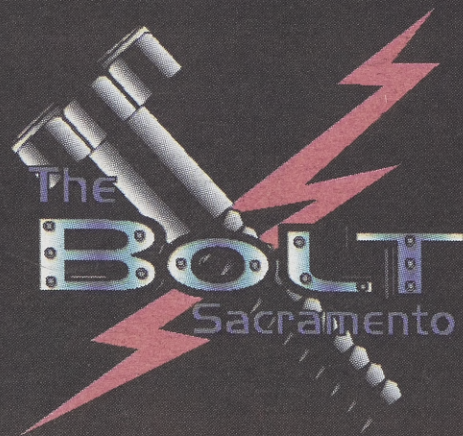
Shot Night 9pm
Pint Night 9pm
Free Pool

FRIDAYS

Leather Night 9pm

SATURDAYS

Bear Chest Night 9pm



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